The Lucifer Complex II

Harness Your Inner Power To Become A Psychic Warrior!

Jack Ellis

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PSYCHASTRA

key to secret ESP + Control

1

how locking secret ESP + Control Within You Can Make Miraculous Changes in Your Life

How a Poor Man of Eighty-three Made Himself Young Again and Retired at Ninety with $100,000

Jim Cowan had come to Chicago at forty years of age and had married and reared a family of six. He was a poorly paid clerk, and his family had barely subsisted on his wages. But his six children had grown up and married and settled in different parts of the country, and his wife had died. The depression of the '30's had been a nightmare to him. Because of his age, he had done little better financially during World War II. He had never turned radical, but believed in rugged individualism and was convinced that America was bursting with opportunity for anyone with industry and ambition. "Every five years," he repeatedly stated, "everybody has at least one big chance to make a fortune. But too many pass it up and let somebody else make it."

At eighty-three Jim saw his own every-five-years opportunity come up, and for the first time in his long life he seized it. Mutual funds were advertising for salesmen, and he answered the advertisement and landed the job. He had studied the stock market reports for years but had never possessed the means to buy. As a mutual fund salesman, though, that study made him convincing to prospective customers, and the bits of cultural information from his vast reading, which he dropped naturally during his

sales talk, aroused great respect and esteem for his recommendations and he signed up an amazing number of new members. He soon moved from his shabby rooming-house quarters into a neat hotel. He stopped subsisting almost exclusively on carrots, lettuce and beets and started enjoying better balanced meals. His back remained straight and his weight lean, but he took on just enough extra poundage now to look and feel decidedly younger.

Jim also started investing heavily in a special situation mutual fund—something which no broker advised a man of his age to do. But he also invested in promising stocks when they dropped "way down," due to the time of the year, adverse rumors and other causes of mass hysteria. Jim's life became so interesting that he could hardly wait to start out in the morning for another big "selling shares" day, and also to snap up any new bargain stocks that he had spotted in the paper the night before. He dressed dramatically now, went to barbers instead of burning his long hairs off with a lighted match held beside the comb, and felt and considered himself as a successful man of 40 who had finally struck it rich.

Jim retired at ninety—with an accumulated sum of more than $100,000. The capital of the special situation mutual fund in which he had invested, had multiplied many times over. Most of his promising stocks had risen, too: a few of them as much as ten to twelve times what he had paid for them. Jim, meanwhile, had been investigating retirement in Mexico. At ninety, he retired and went to live there like the lord of the land, ready to enjoy another 20 years of healthy, enthusiastic life, so young did he still feel.

How Jim's Touching the Key to Secret ESP+ Control Can Do the Same for You

By merely touching the key to secret ESP+ Control, you can do for yourself what Jim Cowan did for himself and much more. Just do it the way Jim did it. First of all, refuse to see yourself as growing old. Seize your opportunities whenever they appear, so long as you remain within the law. By never feeling old, Jim kept his back erect. He lived simply and took care of his health and therefore never felt outside the picture. And you must abound with confidence in yourself! Jim did, *even though his life had*

been a financial failure up to 83. Like him, too, keep up with the times! Most important of all for actually seeing the opportunities and making money fast, is to *refuse to let yourself be carried along with mass hysteria.* Profit from mass hysteria instead, as Jim did, by acting repeatedly contrary to it. But do it conventionally.

Jim also sold most of his stocks when they made a "decent profit," instead of "hanging on" to them greedily and watching his "profits go down the drain." He bought promising ones with the profits and made money with those, too. He trained himself to "sense" the times, to "feel" the public pulse, and thereby to capitalize on it again and again. Had he begun doing that at a much earlier age—say, at thirty, forty or fifty—he would have been a millionaire many times over. Jim made all that money at that late age starting from nothing, by just applying those very same principles again and again. So can you! Why? Because your astral body will absorb those repeated communications from your physical body and "make itself useful to you," just as Jim's did to him. And since he wanted to buy the "right stocks" for him, his astral body brought him the "sense" of those right stocks, for it knew the past, present and future, and therefore knew which stocks would rise fast.

How Unpopular Donna Changed Herself into a Fascinating Young Woman

Donna Wilson had no looks to speak of, and her personality was the kind that attracted "nobody." She was twenty-five years old now and clerked in an "unseen" department at her work. She had gone to dances, beaches, lectures, concerts, bars, popular travel resorts, dude ranches, night colleges, taken group bicycle tours, gone to skiing resorts and to wherever else men flocked, hoping to meet and capture an eligible bachelor. She had even spent two years helping out in a hospital, hoping to land an interne. But she had had no luck. She had come into contact with hundreds of attractive and desirable bachelors, but none had sought her company for long. Her friends urged her to "glamorize" herself, to bleach and curl her hair, to wear thick make-up and teetering high heels and smile much more. But Donna insisted on remaining her natural self.

One evening, while helping at the USO, she perceived a tall,

dark, handsome young officer of about her own age. He fascinated her, and she made up her mind to catch him. And she was determined to catch him *just as she was.* So she gazed at him, visualizing herself meanwhile as being the most enchanting young woman who was ideally fitted for him. Their eyes met, and she visualized him beholding her as being *just the girl he wanted* —just the one who suited him in all respects—just the one he had been searching for all his life. She filled her eyes with a deep yearning for him, too, to convince him that she herself felt *he was the very man she wanted.*

The young officer gazed back at her and, despite his excellent vision, perceived her as looking like the very girl he had been searching for all his life.

They met shortly afterward and Donna, as she associated with him, continued visualizing her personality as being the very one that fitted his ideal girl. He, in turn, accepted that vision as his own.

Their relationship matured fast, and they were married within four months. The young officer's term of service ended shortly after, and he was offered a splendid position as a CPA with a major United States corporation and, before long, put in charge of a branch office. With Donna's eager interest to back him up, he rose fast. At forty-five he was one of the vice-presidents of that big concern, with a salary and stock options that made him a wealthy man. He and Donna had had three admirable children in the meantime. Unbelievably unpopular, unprepossessing Donna Wilson had achieved her ideals by seeing herself so vividly as the very girl she imagined that young officer wanted, that her astral body had automatically created that very picture of her for his eyes to see.

How You, with Secret ESP+ Control, Can Win Anybody You Want to

With a touch of the key to secret ESP+ Control, you can do for yourself far more than Donna Wilson did, for she could hardly have started with less. Nor did she change herself to catch her prize either! Like her, you have to refuse to let yourself believe

that you don't have enough looks, personality or anything else you think you need to win anybody to you. Just gaze at the person you want to win and *visualize yourself* as being his or her ideal, whether you are that creature or not. Do that with *everybody* you want to win to you. Just visualize yourself, right there before that person, as being suddenly converted into his ideal—whether it be romantically, socially, professionally or in business. At the same time visualize yourself as *looking exactly like his ideal* NO MATTER HOW DIFFERENT FROM HIS IDEAL YOU MAY LOOK. Fill your eyes, too, with a strong liking for that person, since nobody normally likes the person who despises him. Your astral body will receive this picture from your conscious mind and will superpose the *very likeness* of such an individual over you. The person you want to win will instantly see, with his psychic power center, only that astralized picture of you and will accept it as YOU and be instantly enthralled by you.

How Richard Folley Loafed Through College, but Passed His Examinations with a Last-Minute Miracle Memory

Richard Folley was not an ideal college student. He was, indeed, the type of student whom no one should imitate. His tardiness and absences and inattention in class infuriated the instructors, and they were ready to "flunk him out" at the end of every semester. They considered him an overgrown donkey who should never have been admitted to the school in the first place. But Richard constantly aborted their plans by scoring high enough in the final examinations of each semester to get by. He did it with a carefully worked out secret. He took good notes during classes, but ignored them and the textbooks until the night before the examinations. In the meantime he never worried about passing and teased his serious classmates for studying at all during the semester, when they could be having a whale of a good time going to plays downtown, hockey games, baseball games, and taking girls out.

The night before examinations, however, Richard closeted himself alone in his room with his notes and textbooks and opened

them seriously for the first time. He raced through his notes in subject after subject. Then he skimmed through his textbooks, covering mainly the captions, the definitions, the underlined and italicized sentences, and anything which the instructor had suggested or directed the class to look up. *He went over nothing twice!* He just raced over the material on the alert, soaking it into his mind like a movie camera. He questioned nothing and deliberated over nothing: he just absorbed everything he looked at, exactly as he saw it. And he did so with the overwhelming conviction that, during the examination he would recall it exactly as he had seen it.

Richard went to bed about midnight and enjoyed a good night's sleep. Next morning he awoke refreshed, bursting with confidence that he would pass without trouble. He put the whole thing out of his mind and enjoyed himself until class time.

Then he read the first question. Instantly the very page *and paragraph and lines* upon which he had seen the answer, flashed into his mind, and he just "copied" it down. He did so with question after question. He did not cheat nor glance at his classmates' papers: he only kept his mind cool, calm and clear. He failed to answer only the few questions whose answers he had overlooked during his rapid skimming. His astral body had absorbed pictures of everything he had glanced at the night before, and automatically reproduced them now right before his eyes the moment his conscious mind requested them. Richard Folley went all the way through college that way and graduated with ease. But, of course, he had cheated only himself in the end, for he had studied nothing.

How You Can Easily Have Access to Knowledge Like a Computer

With a mere touch of the key to secret ESP+ Control, you can do for yourself far more than Richard Folley did for himself, for he used this great power for a limited and self-cheating purpose. You yourself, though, can use it to achieve the highest pinnacles in life. You can use it to pass the examinations required in your career for speedy advancement; to reveal to you the winning,

unsuspected aspects of new, original ideas which can save your business or convert you into a millionaire; to bewilder and fascinate others in social life and be sought after everywhere. Richard Folley's whole secret was to extract *just what he wanted or needed* out of the universal material, and nothing else. He did not try to learn all of it; he just scanned the parts which he considered necessary for his purpose. And while extracting it, he did not pause to question or deliberate over it. To do so would have disrupted his memorizing rhythm. To memorize instantly, then, you have to *blot in* ONLY the material you want to remember, so that it forms a clear picture in your astral body's brain. Richard Folley's astral body received these pictures and held them in readiness to be released to him as soon as he wanted them, since he had not confused them with thinking and questioning while gathering them. That is the way to do it.

How Reginald Shook off Sixty Pounds of Unwanted Weight

Reginald Owens was six feet one inch tall but weighed 315 pounds. He desperately wanted to lose weight. He had tried everything, including skipping meals and dieting. Although he lost up to fifteen pounds that way, he felt weak and dizzy and ate more than ever to regain his strength. Then he grew heavy all over again. By omitting breakfast altogether daily, he managed to keep his weight down to 308, but he wanted to lose at least one hundred pounds.

Reginald was in a quandary, for he was far from affluent. Yet his clothes kept him poorer still because he had to have them tailor-made. He had studied the human body, though, and held a college degree. The possibilities of ruling the body by controlling the nervous system intrigued him, and he couldn't see why his nervous system couldn't rule his weight, too. Since the flow of digestive juice in the stomach could be increased eightfold in laboratory experiments, why, he asked himself, couldn't the mind just as effectively be used to *reduce* his digestive juices enough to curb his appetite significantly? He should then regularly consume less food and steadily lose weight! In that way, too, his digestive

glands should shrink, until his very appetite decreased permanently, and then he could eat anything he wanted to, and not get really fat again!

His sympathetic nervous system (his fighting nerves) Reginald knew, when stimulated, *de*creased the appetite in order to enable the organism to defend itself against a peril. It did so by drawing blood away from the digestive organs into the skeletal muscles. Reginald at once filled himself with absolute confidence that he *could* lose weight by intensifying his sympathetic nervous system control over his digestive juices with sheer mind-power. So he made himself artificially angry immediately preceding every meal. He recalled some despairing experience he had suffered, and his brain secreted serotonin and adrenergic substances which stimulated his sympathetics. Simultaneously, he sent his stomach a stern conscious mind command to secrete far less digestive juice than it did normally.

That day Reginald ate less. Every day thereafter he ate steadily less, without even trying to. At the end of a month Reginald's appetite had decreased so much that he had lost twenty pounds. The next month he lost another twenty-five pounds. During the third month he lost fifteen pounds more. He then went to work on the outlying farms picking fruit (for jobs were hard to find then) and disappeared from the vicinity. But he had already reduced a total of sixty pounds just by turning pleasantly angry shortly before every meal. His astral body had absorbed that picture by repetition and had infiltrated his digestive glands with it and shrunk them.

How You Can Control Your Weight with Psychastra

With a mere touch of the key to secret ESP+ Control, you can control your own weight just as Reginald Owens did. By "turning angry" at your food immediately before a meal, you discourage rabid hunger from your stomach and replace it with a moderate hunger. Even when you stop indulging in this artificial anger routine soon thereafter, your hunger will not turn rabid easily again because your digestive glands will have atrophied to a

degree and will therefore secrete less digestive juice when you approach the dinner table. Maintain that routine for a while and you will reduce your calorie intake to the normal point *without even trying to.* Like Reginald Owens, your astral body will have invaded your digestive glands astrally and blunted permanently the excess "hunger feeling" in them.

> NOTE: The research of nutritionists suggests that the intake of food is regulated NOT by hunger contractions of the empty stomach, as was previously believed, but by *satiety,* or a feeling of fullness in the stomach which comes about during feeding. It is caused by a "satiety factor," a blood-borne inhibitor which appears during feeding and which triggers the appestat in the brain. In fat persons, it is believed, this signal does not reach the appestat, or is screened out by the liver or some other organ. This satiety feeling is created, however, by the sympathetics, which dilate the stomach. That's *exactly what* Reginald Owens was doing to himself by turning artificially angry not long before each meal.

The foregoing are mere samplings of the miracles which you can easily bring about in your life with a mere touch of the key to PSYCHASTRA. Learn now how to *seize hold* of that key, as the following pages of this book can tell you.

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how to find and seize hold of the Magic Key to Secret ESP+ Control

What ESP+ Is

Webster's Dictionary defines ESP (Extra Sensory Perception) as "perception outside the realm of the senses; apart from sense perception." ESP+, consequently, obviously means: a greater—infinitely greater—power than ESP.

The psychic master explains the difference between the two even more specifically as follows. ESP, he states, is primarily concerned with the mind and body contacting the astral body, but not uniting with it, nor bringing it under its absolute control. With ESP+ the mind and body not only contact the astral body, but also *unite* with it and assume *complete dictatorship* over it and make use of *any* of its miracle powers *at will.* PSYCHASTRA is the magic key that unlocks the secret pathway for your uniting with, and assuming complete dictatorship over, your astral body. You can then control anything of yourself or of others (either of the living or dead), or of the Earth, or of anything pertaining to the Earth, in any manner or form you wish. And you can do it instantly, without the necessity of previous practice or preparation.

Such a power is miraculous to you because you don't know where to find the magic key to it, nor how to seize hold of it if you did. With ESP+, though, you would at once acquire domination over the atoms and molecules of your physical and astral bodies; of those of others, living or dead; of those of other forms of matter; of those of the atmosphere bordering the Earth; of the

sound waves and light waves that bombard you from outer space. With it you could control your mind and body as you wish, as well as the minds and bodies of other people, and of animals. You could control the natural elements and domineer on the astral plane. You could tell the past and foretell the future and plan your whole life accordingly and reap the greatest possible gains in anything you undertake.

The Mouth of Your Silver Cord —The Secret Lock of ESP+ Control

Your silver cord is the astral channel or tube which connects your physical body to your astral body. It commences at your navel and passes into your astral body. It will retain this union between your two bodies until about three days after your death. Then it will be severed, and your astral body will depart from your physical body. Even when your astral body transports itself thousands of miles away from you during your life, as in astral body projection, your silver cord remains attached to your physical body, although thinned out into a microscopic tube.

The empty channel within your silver cord is walled off from your physical body by your silver-cord valve. Constant, uninterrupted communication between your physical body and your astral body is thereby prevented. Your silver-cord valve, in fact, normally moves in one direction only: it moves *away from* you into your silver cord, or *toward* your astral body. When any communication tries to flow *from* your astral body *into* your physical body, therefore, it pushes your silver-cord valve *back again,* and that shuts your silver cord. That effectively prevents the communication from reaching your physical body. Little that takes place in your astral body, as a result, is conveyed and registered in your physical body, excepting rare, spontaneously experienced psychic phenomena. Your physical body, as a consequence, remains a stranger to your astral body and cannot unite with it and usurp its unlimited powers.

With PSYCHASTRA: the Key to Secret ESP+ Control, you unlock this secret pathway and *reverse* the normal movement of your silver-cord valve *at will* and allow all communication from

your astral body to flow into you. With that well-guarded secret the psychic master uses his then unlimited secret ESP+ Control to perform *consciously* any miracles he wishes.

Where the Magic Key to Secret ESP+ Control is Concealed

From the very beginning, man has desperately sought to find the magic key to the incomparable secret of ESP+ Control. Mystics found it through their faith in the Absolute. Psychic masters found it through dedicating their lives to meditation. It has been called Nirvana, Kundalini, and of late the Supraconscious Mind. Nirvana, though, includes mainly Cosmic Ray power. Kundalini has no physiological basis, since the only fluid that flows upward in the spinal canal from the base of the spine is the mild, lubricating cerebrospinal fluid. The Supraconscious Mind has no more basis than that, for there is no significant magnetism existing between the bodies of the widely separated pineal and pituitary glands. It required the relentless investigations of four generations of men, extending over every continent on the Earth for nearly a century and a half, studying the sciences for years in leading colleges and universities, researching in countless libraries and searching through one psychic master hideout after another, to uncover it. With the help of the psychic masters of Egypt, India, Africa and the West Indies, they found it concealed in the mind-navel.

The Carefully Guarded Secret of the Mind-Navel

Your mind-navel is the one-inch long astral channel outside *between* your navel and your silver cord. It is the hitherto unsuspected connection existing between your physical body and your silver cord, before your silver cord proceeds to join your astral body. A handful of carefully hidden psychic masters have known about it for centuries, but they guarded the knowledge of it with their lives. To the inquisitive who surprised them staring at their navels, the science of omphalopsyche (it's in the

Oxford dictionary), they simply replied that they stared at them to achieve "one-pointedness," or for the total concentration necessary to unite their minds with their bodies. Actually, they were not staring at their navels, but at their *mind-navels.* They were concentrating the energy from their psychic power centers (or from their Third Eyes, in the forehead and temple areas of their brains) through their eyes into their mind-navels and thereby controlling the magic key to ESP+ Control, which their mind-navels housed. (The most advanced psychic masters, whose technique you will be taught here, don't even assume that crippling position of staring at their physical navels, but contact their mind-navels through a secret route within them which you will be taught later.)

How the Unlocked Secret Pathway Lets ESP+ Control Flow into You

The one-inch long astral channel of your mind-navel, which houses the magic key to secret ESP+ Control, contains only astral air, something very much like the ether or plasma of the atmosphere. It does not contain oxygen, hydrogen, nitrogen or any of the other gases of air. Astral air, though, fills the channel of your mind-navel so unobstrusively that your physical body is wholly unaware of it. When a communication is sent *from* your *physical* body *to* your *astral* body, your mind-navel contracts and pushes your silver-cord valve *into* your silver cord. The communication *from* your physical body, as a result, rushes *through* your silver cord *into* your astral body and registers itself in it. Your silver-cord valve then immediately returns to its original position and seals the mouth of your silver cord again. (See bottom of Illustration 1 for connection of mind-navel to silver cord.)

Now, take the situation in reverse. When a communication is sent *from* your *astral* body toward your physical body, it tries to push your silver-chord valve *into your* mind-navel, instead or backwards into *you* . . . so that it can pass through your silver cord and your mind-navel, and flow INTO you. . . . Your mind-navel, though, just contracts as it did before, and that

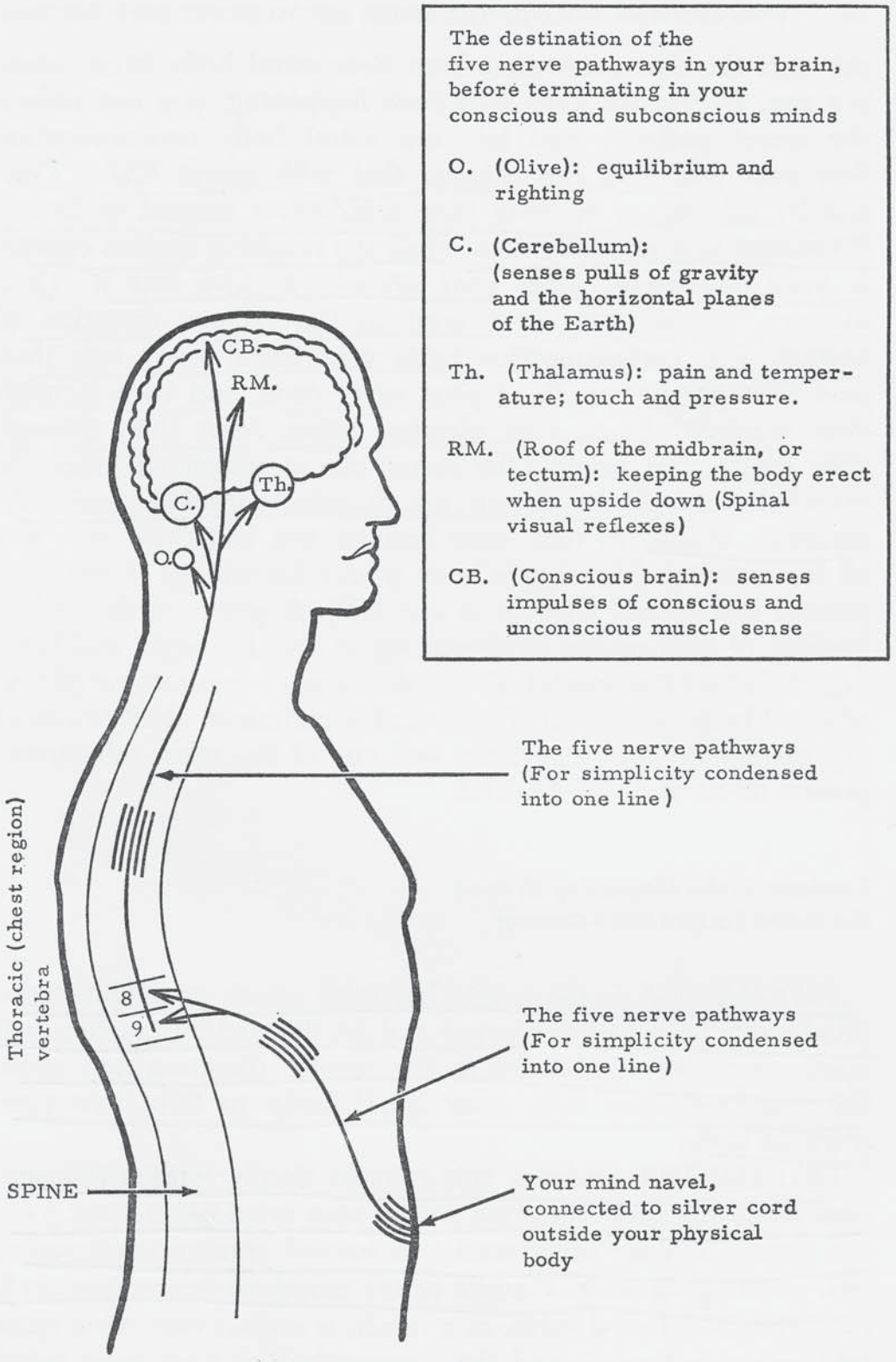

Illustration 1.

THE PSYCHASTRAL ROUTE

prevents the communication from your astral body from reaching you. *If you can keep that from happening*, you can unlock the secret pathway and let your astral body communication flow *into* you. You can achieve that with secret ESP+ Control by *dilating* or *opening* your mind-navel instead of letting it contract as it normally does. Then the resulting suction created in your mind-navel sucks your silver-cord valve *into* it. That, at once, opens your silver cord in the *reverse* direction of normal. The communication from your astral body will then pass through the mouth of your silver cord, and then through your mind-navel into your physical navel. After that, through your Psychastral Route (the secret use of which will soon be revealed), it will be drawn up to your conscious and subconscious minds. In that same manner you can draw into you all the unmatchable miracle body power, knowledge of the past, present and future, wisdom of any subject, power of divine-like healing, of inescapable mind-reading, of limitless sight and hearing, of instant transportation any distance, of accurate prophecy, of astral body possession of others, of superhuman ability to meet any emergency and save lives, and any of the other miraculous powers of secret ESP+ Control.

Psychastra: the Magic Key to open the Secret Lock to ESP+Control

PSYCHASTRA is the magic key with which you dilate your mind-navel with ESP+ Control and let the suction created in it open your silver-cord valve in the reverse direction and allow the communication from your astral body to flow *into* your physical body.

PSYCHASTRA achieves this miracle simply with astral suction. It astrally sucks the ether within your mind-navel *away from* the mouth of your silver cord and *toward* your physical navel, thus creating an astral vacuum at the mouth of your silver cord. . . . Your silver cord valve, as a result, is sucked very wide open *into* your mind-navel, and the communication from your astral body pours into you. That astral-suction creating a vacuum within your mind-navel, is PSYCHASTRA, the magic key to secret ESP+ Control.

How to Seize the Magic Key to Secret ESP+ Control

Sit alone in your room, or lie down on your bed or sofa, on your back, and relax. Close your eyes and visualize your mind-navel and your silver cord, with the silver-cord valve between them effectively blocking off all communication *to* you *from* your astral body. At the end of your silver cord (estimate it about 3 feet long for this exercise) visualize another YOU (your astral body) which knows *everything* and can do *anything* instantly. Visualize this OTHER YOU as being perfectly ready and willing to do anything worthy that you ask him to, but that your silver-cord valve is stubbornly wedged between you two, preventing you from communicating with each other. Your silver-cord valve is wedged stubbornly between you two because it is an astral valve, and your own *conscious and subconscious minds* keep it shut by doubting and scoffing about your astral body and any supernatural powers it may be said to possess.

Immediately, now, halt all your doubting and scoffing by filling yourself instead with *absolute confidence* in your astral body and its power to do anything whatsoever on earth. Do not merely pretend to acquire this confidence in it, but saturate your whole body with it from head to foot. Feel this confidence in it filter through your whole body, from your head, down to your neck, to your shoulders, to your arms, to your chest, to your waist, to your legs and to your feet, until your entire body tingles with it. *Practice saturating yourself with this confidence until you are thoroughly convinced from head to foot that your astral body does exist and that it stands there facing you, ready to obey your command.*

The nerve endings at your physical navel which, until now, have been *de*-sensitized against anything astral because of your habitual mental attitude toward psychic phenomena, will suddenly acquire an abnormal supersensitivity and "draw" astral sensations *from* your mind-navel, for a change. The ether in your mind-navel will, as a consequence, be drawn, too, toward the physical body end of your mind-navel and thereby create a vacuum by the mouth of your silver cord. Your silver-cord valve will then snap open *toward* your physical body and allow the

communications *from* your astral body to pour *into* your body. You will then have seized the magic key to ESP+ Control. Practice and master this exercise, so that you can seize hold of the magic key to secret ESP+ Control *at will* any time you wish.

How to Unite the Magic Key to Secret ESP+ Control to Your Conscious Mind Through Your Psychastral Route (Follow Illus. 1)

The nerve routes which your astral body communications pursue through your body to your conscious and subconscious minds compose your Psychastral Route. It consists of five individual nerve pathways running, like the lines of a musical bar, parallel to each other until they reach your brain. There they diverge, each one continuing to its respective cerebral destination. The five individual nerve pathways of your Psychastral Route are composed of sensory (message-bringing nerves) which convey separately, to different areas of your brain, astral messages of muscle coordination, pain and temperature, touch and pressure, proprioceptive (or sensations of the pull of gravity and of horizontal planes of the earth), spinal visual reflexes (or reflexes of equilibrium and righting to keep your body erect). Each of these five nerve pathways receives its specific astral sensations from your mind-navel and transmits it to a site about midway down your back (or about 1½" below a line across your back uniting the bottoms of your shoulder blades, or into that portion of your spinal cord located within the space of your eighth and ninth thoracic vertebrae. (See Illustration 1.) From there the astral sensations are transmitted up your spine, parallel to each other, in different sections of your spinal cord, under such neuroanatomical names as the tract of Goll, the tract of Burdach, the tract of Lissauer, the lateral spinothalamic tract, the ventral spinothalamic tract, and so forth. One of them proceeds to your cerebellum, your muscle coordination center. Others proceed to your thalamus, your sensations recording center. The remainder proceed to other parts of your brain. All terminate in your conscious and subconscious minds. All of them together create your Psychastral Route, and that is how the Route unites your magic

key to secret ESP+ Control to your conscious mind. Your Psychastral Route will be described more thoroughly as you are taught how to use its miraculous power.

How to Put the Magic Key to Secret ESP+ Control Under the Domination of Your Conscious Mind

Your conscious mind itself erects the most formidable barrier against your dominating the magic key to secret ESP+ Control with it, by its instinctive doubting attitude. Even Jesus demanded full faith from the sick before He ventured to heal them. It is difficult, on the other hand, to order all doubt of the magic key to secret ESP+ Control out of your conscious mind because some doubt will still remain in it in *undetectable ways*. The animals and the unsophisticates (uneducated) don't possess these lurking doubts, and so they are easily receptive to ESP+ communication. You yourself can NEVER hope to seize hold of or use the magic key to ESP+ Control unless you can absolutely put all doubts of it out of your mind. Fortunately, it so happens that your physical body possesses a secret proved ability which *can* put all lurking doubts out of your conscious mind and enable you to acquire secret ESP+ Control. This secret proved quality is the *integrative flexibility of your central nervous system* (your brain and spinal cord.)

"Integrative" means "the ability to pass into another form or kind by a series of intermediate grades." With the integrative flexibility of your central nervous system you can suddenly change any thought or impression you receive into the very opposite one instantly. Furthermore, you can halt and change it *before* it even reaches your brain. You can do so by halting it at one Nerve Gap One of a nerve pathway, or by weakening it at that Nerve Gap and immediately strengthening the *opposite thought* either right there or at Nerve Gap Two of that nerve pathway, so that you practically *exterminate* the thought you don't want your brain to receive.

(The Nerve Gaps or synapses are the spaces between the endings of the different nerve segments which form a nerve pathway. Each nerve pathway has from one to four Nerve Gaps,

depending on the number of segments which form it. The usual function of the Nerve Gap is to slow down or weaken (inhibit) the intensity of the message which is being transmitted along its nerve pathway. And it can do so by four times or more.) (Your central nervous system, though, is so remarkably flexible that it can likewise develop at the Nerve Gap *excitatory power*—or the power to *accelerate or strengthen* the message it is transmitting instead of slowing down or weakening it. A scientist called that seemingly miraculous reversing power "the integrative action of the central nervous system."

How your central nervous system (your brain and spinal cord) possesses that remarkable ability is a matter of dispute among physiologists and is too involved to be gone into here. This remarkable ability, nonetheless, makes it possible for you to rid your conscious and subconscious minds of all lurking doubts about ESP+ and thereby enable you to dominate ESP+ with your conscious mind. You will consequently be taught how to apply and speed up applying this remarkable ability within you right now.

How to Apply and Speed up the Integrative Flexibility of Your Central Nervous System

The faster you apply the integrative flexibility of your central nervous system when you want to put the magic key to ESP+ Control under the domination of your conscious mind, the faster you will acquire secret ESP+ Control. So, study and master that now. Lie on your back in bed, or sit on a chair, and shut your eyes. Again visualize your astral body right before you, connected to you by the silver cord. Again fill yourself with *absolute confidence* in your astral body and in its power to do anything whatever on earth, and let this confidence saturate your whole body from head to foot. That dilates your mind-navel, and your astral body flow rushes into you through your reversely opened silver-cord valve.

Right away, now, your conscious mind will give vent to lurking doubts that your astral body can indeed do anything whatever on earth for you, and these doubts will bounce your astral body flow

right back out of your physical body through your mind-navel and prevent you from even hoping to gain ESP+ Control. To prevent that from happening, the instant your lurking doubts tear loose in your conscious mind, implant the very *opposite thought* —the absolute conviction that your astral body can perform *at once* any miracle you ask of it—in the Nerve Gaps located halfway down your spinal cord, or where your Psychastral Route transmits the communication from your astral body into your spinal cord. Practice to effect this so fast that you implant your absolute conviction in those Nerve Gaps *before* the lurking doubts in your conscious mind can reach them and block the communication you are receiving up your Psychastral Route from your astral body.

(You do this regularly already when you participate in any kind of athletic competition. The boxer has to *think* and *dodge* or *block* the blow coming his way *after* it is on its way to him—and even think so fast before it reaches him that he can *beat it to the punch* with a counter blow of his own. So does the fencer. The basketball player does likewise when he intercepts the ball *after* a rival player has thrown it in a different direction from which he had been expected to. In PSYCHASTRA you do the same to yourself by beating *your own* conscious mind thought to the punch.)

When your lurking doubts subsequently reach those Nerve Gaps they will be routed and exterminated from your central nervous system, while the communication from your astral body will find the way paved for it to rush on dynamically to your now unresisting conscious mind and implant itself full strength into it. You can then consciously easily communicate with your astral body and put it under your domination and acquire secret ESP+ Control.

How People Have Locked Secret ESP+ Control Within Themselves and Brought About Success in Everything They Undertook

History is full of successes of the fortunate thousands, all through the Ages, who have brought about actual or seeming miracles in everything they undertook, with secret ESP+ Control, even though only comparatively few of them had found the

magic key to it. Religious mystics are not the only ones who have acquired secret ESP+ Control. Psychic masters in India and Egypt have parted crocodile-infested rivers and crossed them safely with their followers. Others have let loose torrents upon villages that had mistreated them. Some have cured lepers with a word, or mowed down a gang of thugs with a command. They have killed man-eating lions with one move, or tamed them with a smile.

The late Edgar Cayce diagnosed disease in people from different parts of the country whom he had never seen or heard about, and whose letters begging for his help had not even been mailed. Tony Agapoa, the Filipino healer, not only diagnoses disease accurately, although he knows little about the human body or pathology, but performs bloodless, painless surgery without instruments or anesthesia. Modern prophets, including Jeane L. Dixon, predicted President Kennedy's assassination long before it took place, and many (including Cayce) who knew nothing about stocks foretold the market with astounding accuracy. Some even warned about Abraham Lincoln's assassination. Even Caesar was told to watch the Ides of March. Nostradamus, Swedenborg and many others have envisaged world history with mystifying exactitude for centuries beyond their time.

In Africa and in the West Indies, medicine men have flown like giant birds for miles, right in broad daylight. Psychic masters in India have lived as long as 450 years, totally rejuvenating themselves as many as five times, meanwhile they regained their teeth, their sexual powers, the color of their hair, and their muscular and other physiological powers. Polynesian natives have run over red hot coals in their bare feet without being burned. Yogis have slept in the air without support for hours at a time, or drawn swords through their cheeks or their bodies with little loss of blood and showed no after effects or scars. Hawaiian pearl divers have made sharks ignore them completely.

More material-minded individuals have made millions, become unbeatable in their careers or in sport; or have cheated death time and again. Some have overcome wholly the effects of crippling strokes, even though their physicians had declared that only a miracle could improve them. Some have kept themselves looking and feeling young well into their seventies. Others who

looked and felt their ages at seventy, married young partners and altered their outlooks and reversed their physiological functions and turned from twenty to twenty-five years younger. Still others have gone to war and fought in the thickest of action for years—and returned without a scratch. Indeed, there is no miracle which people have not done with secret ESP+ Control.

SUMMARY OF THIS MAGIC KEY

Secret ESP+ Control is a greater—an infinitely greater—power than ESP. With it you actually *unite* with your astral body and assume *complete dictatorship* over it and make use of any of its miracle powers *at will.* PSYCHASTRA is the magic key to this secret dictatorship of your conscious mind over your astral body, and it is concealed in your mind-navel. With PSYCHASTRA (Psycho Astral Power) you seize hold of this magic key to secret ESP+ Control and reverse the normal movement of your silver-cord valve and permit full communication from your astral body to rush into your physical body. Then you unite the magic key with your conscious mind through your Psychastral Route. With the integrative flexibility of your central nervous system (your brain and spinal cord) you put the magic key under the domination of your conscious mind and acquire secret ESP+ Control. You increase this control enormously by speeding up applying the integrative flexibility of your central nervous system.

You are now ready to lock your ESP+ Control firmly within you with PSYCHASTRA and get ready to use its various miracle powers *at will.*

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how to lock your secret ESP+ Control Firmly Within You with PSYCHASTRA

Now that you have drawn ESP+ Power into you from your astral body through your Psychastral Route, you have to lock it firmly within you, so that you can use it consciously any time you wish. You also want to be able to project it in any manner or form you wish, and with any intensity you wish, so that you can execute any of the different miracle powers. You will now be taught how to do that.

How Your Conscious Mind Receives the Communications from Your Astral Body Through Your Psychastral Route

After the astral body flow which you have drawn into you through your Psychastral Route reaches your brain, each of its five individual nerve pathways terminate in its own brain center. Each decodes itself there, just as it does physiologically. (See Illustration 1.) Your thalamus decodes your sensations of astral pain, temperature, touch and pressure; your cerebellum decodes your sensations of the pull of gravity and of the horizontal planes of the earth; your tegmentum decodes your spinal visual reflexes (those of keeping your body erect when you are upside down); and your olive decodes your reflexes of equilibrium and righting.

All these sensations will be different when received from your astral body than from your physical body, and will therefore be decoded differently. Your astral body, for instance, is free from the influence of the pull of gravity; it has no trouble keeping itself erect when it is upside down; it is unaffected by pain or temperature and has no difficulty with equilibrium. When your different brain centers make these decodings and accept them *without question,* your mind and physical body are ready to put them into execution, or to project the proper astral force and form necessary to duplicate them.

The decodings are then transferred from those different brain centers of yours to your psychic power center, in your forehead and temples area. Your psychic power center converts them into electrical transmission and sends them to your conscious mind. *That* is how your conscious mind receives communications from your astral body through your Psychastral Route.

How to Unite Your Astral Body to Your Conscious Mind and Seize Complete Secret ESP+ Control

Your astral body is actually a different person than you. But it resides within you, and so it possesses your own size and contours. It is composed, though, of a different substance than you. It is weightless, and it has powers which you hardly believe possible —the powers of ESP+. It can tell the past and foretell the future with exactitude. It can leave your physical body and appear anywhere on Earth instantly and return instantly. And it will never die.) Actually, it weighs about ¾ ounce.)

While you are alive and it resides within your physical body, however, it DOES change much like you in personality, since it is constantly bombarded with communications *from* you, and is thereby burdened after your demise with your own conflicts. *You* are therefore astrally united to it in every possible way, because while it knows everything *you* think or do or know, *you* know *nothing* about it, except on the rare occasions when it manifests itself in you in unexplainable psychic phenomena. Otherwise it keeps its superhuman abilities, knowledge and powers to itself. Although it knows what will happen in the future, for instance, it

does not keep you regularly informed about the future, except occasionally and unexpectedly when you live through a mystical experience, such as through a prophetic dream or through a strange impulse when you are wide awake. That is a pity, because it prevents you from using ESP+ Power even after the latter happens to reach you occasionally and unexpectedly. So . . . you have to unite with your astral body, and also to *enslave it* to you, so that it will always cooperate with you. Learn how to achieve that next, as follows.

How to Enslave Your Astral Body with Your Conscious Mind

Lie quietly in bed, with the room dark and your eyes closed. Get the feel of your astral body lying within you all through your body, like water soaked up in a sponge. And yet, it is not *you*, no more than the water is the sponge, but only something that permeates all through you. It lacks the fierce "life instinct" of your body cells, since it cannot die. Nor is it physically alive, but only astrally alive.

But now, make it feel as if it *were* alive—as if it craved to be physical to endow you with all its seemingly miraculous astral powers. To do so, tense your arms beside you and inhale, drawing your astral body deeper still into your tissues, like the not yet saturated sponge drawing still more water deeper and deeper into its every pore. Feel your astral body flowing fully into you through the opened valve of your mind-navel, saturating your every body cell, from your heels up to your calves, your knees, your thighs, your hips, your abdomen, your back, your chest, your shoulders, your neck and your scalp, till it tingles the very hairs on your head. And lastly, on your face, pressing hard into your cheeks. *Then relax and exhale.*

Rest half a minute and repeat this astro-physical exercise. This time, though, as you draw your astral body into you, feel it *also* drawing into you all its staggering ESP+ Powers—its powers of clairvoyance, prophecy, knowledge infinitesimally greater than your own, and the capacity to travel any distance through space. Visualize these powers *very clearly* and *draw them into you.*

Relax for another half minute and repeat the astro-physical exercise. This time, though, draw your astral body flow into you as if you were drawing *life itself* into you: as if your astral body will never again be allowed to depart from you, but will have to remain within you ALWAYS and KEEP YOU ALIVE ETERNALLY. Your astral body will savagely resist this foreign idea to it, for the flesh is not immortal; but continue drawing it into you nevertheless, until you overcome it and it obeys your conscious command. Battle it down if it resists, by repeating this part of the astro-physical exercise several times if necessary, until your astral body calms down and accepts its fate like a struggling, weakening swallowed prey. Then relax completely. You will have enslaved your astral body to your conscious mind. It will soon recover and reassert its independence, but you know now how to re-enslave it any time you wish to make use of its tremendous secret ESP+ Power.

How to Trigger the Might of Your Secret ESP+ Control

To trigger the *full might and variety* of secret ESP+ Control with your conscious mind, you have to bring into play the limitless chemical kingdom of your brain. You do so through the medium of the successive inhibitory-excitatory sub-trance. Your brain, physiologists have concluded after decades of experiment, possesses substances which, when released into itself and your body, can bring about volcanic changes in both of them. Among these are γ-aminobutyric acid, substance P, norepinephrine, cerebrotonin, serotonin, a variety of adrenergic substances, as well as a steadily growing number of newly discovered substances. Some of them, like γ-aminobutyric acid, have been found in a *greater* free concentration in the brain than in any other organ examined, and are probably concerned with the maintenance of normal patterns of electric activity in the brain. Others, like serotonin and the variety of adrenergic substances found in it (particularly, in the hypothalamus, the "pharmacological museum" of the brain), are powerful inhibitors at the Nerve Gaps and combat the normal cholinergic excitation (acetylcholine secretion) found there which facilitates the transmission of the message across it.

Indeed, these powerful inhibitors decrease the secretion of acetylcholine so effectively in the more susceptible Nerve Gaps that they could cause psychic power disturbances in the individual, such as "fits." Your brain, in other words, contains far more mysterious substances in it, and is capable of synthesizing far more still than you dream of. It is this multiplicity of action of which your brain is capable, the physiologists declare, due to the apparently fantastic number of physiologically active substances it can produce, which makes the semi-isolated brain a chemical kingdom largely sufficient to itself. When you project your absorbed ESP+ Control back into your astral body to perform something miraculous for you—for instance in the following ways: to provide you with information that makes you the wisest person, or the power to spellbind the person you love, or to restore you to health, or to endow you with superhuman power, or to trim off excess weight, or to cast off a terrible but obstinate habit, or to return to you a remarkable degree of youth, or to stay the hand of death off someone you hold dear, or to protect you against assailants, or to tap a concealed source of staggering wealth for you in all these ways, your brain automatically synthesizes *the very chemical transmitter agent* it needs to project the right astral force and form which your astral body needs to convert that desired miracle into a reality, provided you accompany the projection with the *successive inhibitory-excitatory sub-trance.*

How to Apply the Successive Inhibitory-Excitatory Sub-Trance and Trigger the Full Might of Your Secret ESP+ Control

The successive inhibitory-excitatory sub-trance is not exactly a trance, but it is the powerful medium for triggering the full might of your secret ESP+ Control. All the psychic masters who performed miracles applied it. Krishnatandi, for instance, applied it when he fed his thirty starved followers by breaking up and multiplying the bits of a quarter-loaf of bread. The prophet *Kantabinda* applied it when he parted the waters of the crocodile-infested river and made a pathway for himself and his disciples to go across safely.

The successive inhibitory-excitatory sub-trance is done in two steps. These are:

Step 1. Fill yourself with a fierce rage at all doubts against the reality of supernatural power. Get so angry at them that you tremble like a wild animal about to counterattack its worst tormentor. Your brain will instantly fill itself with serotonin and with the variety of adrenergic substances (the powerful inhibitors of transmissions across the Nerve Gaps) and will prevent all such conscious and subconscious mind impressions from devitalizing your ESP+ Control.

Step 2. Fill yourself with an overwhelming conviction that the miracle power you wish to acquire CAN be acquired: that you merely have to command the miracle to become a reality, and it WILL. The chemical kingdom of your brain will automatically secrete the appropriate unknown chemical (call it x) which it needs to project the right astral force and form necessary for your astral body to convert that desired miracle into a reality.

How to Create the Right Astral Force and Form Necessary for Your Astral Body to Convert a Desired Miracle into a Reality

Your conscious mind is filled now with the secret ESP+ Control it needs to create whichever miracle power you wish. It just has to alter your astral body flow into the right astral force and form necessary to incite your astral body to perform the specific miracle. So, learn how to alter your astral body flow into the right astral force and form necessary to bring about any particular miracle you wish.

Sit or lie down quietly and visualize with absolute clarity exactly the miracle you wish your astral body to perform for you. Then visualize it performing it, so that it will understand precisely what you want it to do for you. Don't let the least doubt or hesitancy invade your mind. If it does, exterminate it at once with the integrative flexibility of your central nervous system. When that doubt bursts into your conscious mind, in other words, at once fill your Psychastral Route Nerve Gaps (in your spinal cord) with the *opposite thought*—or with the thought of absolute

confidence in your astral body's ability to execute the miracle you wish. That will exterminate the doubting thought before it can devitalize your astral body flow. Your brain will then instantly secrete the appropriate unknown chemical substance (x) with which to alter your astral body flow into the right astral force and form necessary to incite your astral body to perform the specific miracle. Practice this astro-physical exercise and master altering your astral body flow.

How Your Secret Power-Packets Facilitate Your Altered Astral Body Flow to Incite Your Astral Body to Perform the Specific Miracle

You will tremendously facilitate the rush of your altered astral body flow to your astral body, to incite it to perform the specific miracle you wish, by reinforcing it before you project it back to it, with your secret power-packets. . . . What are your secret power-packets? Revealed now will be the secret of this concealed dynamite within you.

First of all, with the exception of your sensory nerves (the nerves which bring messages FROM your body TO your spinal cord or brain) and of your sympathetic nerves (your fighting nerves), practically all the nerves which extend between your brain or spinal cord, and your body, are cholinergic. They are called cholinergic because they liberate acetylcholine. Acetylcholine facilitates the transmission of any message (or command) flowing along a nerve, to leap across the Nerve Gaps between its different segments.

Practically nothing, however, is known about how or where the acetylcholine is synthesized or stored in your body before it is released in your Nerve Gaps. Practically nothing, in other words, is known as to where it is "hidden" or stored from the time it is made until it is used. Acetylcholine, however, does appear to be released continually in quanta or "packets" by cholinergic nerves (mostly by your parasympathetic nerves, your loving nerves, for these stimulate the normal functions of your body) when these nerves are resting.

Acetylcholine is released in much greater amounts when these nerves are stimulated. The more intensely you stimulate these

nerves, the more of their nerve fibers you will stimulate, and the more acetylcholine they will release. The more acetylcholine the nerves release, too, the easier it is for the message (or command) flowing along them to be transmitted across their Nerve Gaps, and the greater it will influence your altered astral body flow. To increase the quantity of acetylcholine being continually released in these quanta or "packets" by your cholinergic (mostly parasympathetic) nerves, then, is to convert these quanta or "packets" into "power-packets" which can rush your visualized miracle (or your altered astral body flow) much faster across your Nerve Gaps and thereby remove all physiological obstacles from its path. To achieve that you have to create those power-packets and put them under conscious control.

How to Create Your Secret Power-Packets and Put Them Under Conscious Control

As you project your altered astral body flow back through your Psychastral Route to your astral body to incite it to perform your visualized miracle, fill yourself with a feeling of the greatest contentment, as if everything you want in life is about to come true instantly, as if by magic. (Your parasympathetics synthesize the most acetylcholine when you feel happy and contented.) Fill yourself with this overwhelmingly delightful feeling deep down in your bones and spread it through your muscles and finally through your skin, until your whole body experiences the sensation of floating ethereally in the air. Practice and perfect this astro-physical exercise to acquire this feeling in a flash the instant you miracle-power command your astral body to perform the miracle you wish.

Why the Multidiv Is the Secret Formula to Climax Miracle Action

Accompany the projection of your altered astral body flow to your astral body now, with the Multidiv, to assure your incited astral body performing the miracle you wish, because the Multidiv is the secret formula to climax miracle action. The basic

difference between the commonplace and the miraculous is that the commonplace adds to and subtracts from, while the miraculous *multiplies to* and *divides from.*

If you baked twenty loaves of bread in one hour, for instance, that may be commonplace. But if you started with one loaf of bread and broke it up into twenty small pieces and immediately converted each piece into a full loaf, you would produce twenty loaves of bread in a few seconds. You would be multiplying to the speed and to the quantity of the bread with which you start, and at the same time dividing from its resistance to your command to it to multiply. In the commonplace, to be more specific, you *add* to (or create) twenty loaves of bread from a certain amount of flour, and with the oven you *subtract* from its resistance to be converted into bread within the short period of one hour. In the miracle, however, you *multiply* (or create) twenty loaves of bread from *just one loaf,* and with secret ESP+ Control you *divide* its resistance to be converted into bread within the very short period of a few seconds.

With miracle creating ESP+ Control, in other words, you always *multiply* your influence and control over the other person, animal or thing to which you project it, and always *divide* its resistance (the time it takes it to respond) to your miracle-power command. That is the Multidiv, the secret formula to climax miracle action. By multiplying your own power, and at the same time dividing that of your "subject" to resist it, you acquire supernatural control over anything and everything you project it to. Astronomically speaking, increased speed alone can multiply the destructive power of a thrown pebble to that of a bullet. It even increases its weight significantly. When you ride a merry-go-round of ten revolutions per minute, your weight gains as much as 11 per cent, due to the centrifugal acceleration (or to the acceleration on your body mass due to the gravitation pull). Should you be shot out of a cannon like a "human cannon ball," you would weigh at the time nearly 460 times your original weight. And when you land on the net, you would weigh, due to the additional gravitation weight of falling, 1,255 times your original weight. You would also weigh more at the poles than at the equator, because then you are closer to the center of the earth, since the earth is slightly flattened at the poles. According

to the theory of relativity, too, if you could travel at the speed of light, your body size would *de*crease 50 per cent, undoubtedly due to the tremendous resistance of the ether to your body.

In all these instances, multiplication of some quality such as that of your speed of movement or of the position of your movement causes outstanding changes in qualities about you which are virtually nonexistent in your everyday commonplace adding and subtracting life. That is why the Multidiv is the secret formula to climax miracle action. Besides, it can be multiplied or divided indefinitely (Mld n+1) until it approaches more nearly the miracles of the mystics and gods. That is why ESP+ is infinitely stronger than ESP. ESP is limited by the mind-power development of the person experiencing it, but ESP+ Control has no limit.

The Secret Formula of the Multidiv, and How to Use It to Bring About the Greatest Miracle Power You Can Conceive of

Very briefly stated, the secret formula of the Multidiv consists of your:

(1) multiplying the normal goal which you might otherwise attain,
by infinite proportions of it, or
by infinite varieties of it, or
by infinite combinations of
proportions and varieties of it.
And at the same time
(2) dividing infinitely the normal time it would take you to achieve your goal normally.

If it would take you twenty years, for instance, to become an outstanding physician; with the Multidiv you should be able (like Edgar Cayce, Tony the Filipino Healer, Andrew Jackson Davis of the early Nineteenth century and others) to become one in five minutes or less. For it is not your human self that acquires that skill, but your secret ESP+ Control of your astral body. Man has hardly tapped the miracles he can achieve by controlling his astral body at will.

How to Learn How to Use the Multidiv

Now that you have put your secret power-packets under secret ESP+ Control to facilitate your altered astral body flow's rushing much faster to your astral body, at once again visualize that miracle coming true. *And now, multiply everything about it.* If you want an increase in salary, a promotion, opportunity, someone romantically, or to heal yourself or somebody of an ailment; more physical power, confidence, nerve control, money to come suddenly into your life—whatever it is, so long as it is something worthy—instantly *multiply* the gains you would like to get from the miracle. Multiply them by at least *five times*. Then instantly *divide* (speed up) by at least *five times* the time period in which you would like to get it. If you would like to get it in ten months, say, visualize yourself getting it in two months. That is a practical application of the Multidiv.

Then practice multiplying the gains you would like to get from the miracle by *ten times*. Then a hundred times. Then a thousand times. Then ten thousand times. And do it each time *fully convinced* that the miracle *will* come about like that. You might not get a raise anywhere that size, but you will get one considerably larger than you expected to. You will also get it much faster than you dreamed, for your employer will psychically feel that you deserve far more than he planned to give you.

SUMMARY OF THIS SECRET

Here are the simple steps for locking your secret ESP+ Control firmly into you with PSYCHASTRA.

Step 1. Now you are drawing communications from your astral body through your astral body flow, up your Psychastral Route and decoding them in the five different brain centers of the five pathways of your Psychastral Route.

Step 2. In order to convert these communications into miracle action, first of all enslave your astral body flow to your conscious mind and seize complete secret ESP+ Control.

Step 3. With the seemingly limitless chemical kingdom within your brain, trigger next the full might and variety of your ESP+ Control through the medium of your inhibitory-excitatory sub-trance (fill yourself with the overwhelming conviction that your hoped-for miracle *will* come true).

Step 4. That at once alters your astral body flow into the right astral force and form necessary to incite your astral body to perform your specific miracle for you.

Step 5. As you project your altered astral body flow *to* your astral body, facilitate its rushing across your Nerve Gaps much faster with your secret power-packets (feel exuberant).

Step 6. Accompany the projection with the Multidiv, the secret formula to climax miracle action. That insures your miracle being performed, by multiplying the gains you wish from the miracle, up to 10,000 times, and dividing the time you wish it to take place, by 10,000 times.

You will now be locking your secret ESP+ Control firmly within you with PSYCHASTRA.

4

Tension-Banishing Power

Benefits Resulting from Control over Miracle Tension-Banishing Power

With miracle tension-banishing power you can miraculously conquer any fear and get rid of all nervous tension instantly. Then you can coolly and calmly overcome any seemingly unsurmountable obstacle. Animal tamers, test pilots, trapeze performers, soldiers charging in the midst of heavy fire, the accused on trial, actors trying out for parts, athletes trying to win or break records, salesmen on the job or after big deals, are just a few of those who have used a form of miracle tension-banishing power to achieve their ends.

When you are freed from tension you automatically convert yourself from the person you are into a superhuman person. Things which you could not do successfully before, you suddenly do with astonishing ease. You likewise save yourself a tremendous amount of energy every day, both mentally and physically. The limitless chemical kingdom of your brain then constantly secretes the appropriate unknown chemical substance for your mind and body to operate most efficiently, and so you feel, think and act always at your earthly best. Your sympathetic and parasympathetic nervous systems then function normally within you and maintain physiological equilibrium in all your body organs, including your blood vessels.

That keeps your digestion healthy, and your blood pressure down. You control others much easier, for you understand them

better and are influenced adversely very little by them. Your speech, your everyday performance, your physical agility, your reasoning are all better than ever, for your mind and your muscles function without obstacle. People acquire confidence in you at once, and feel that you are sound and mature and levelheaded, come what may. Without your even making a move, you are accepted as a leader, as the one whom everybody respects.

Every aspect of your life has changed. Imagine now what you can achieve when you *multiply* such a power, and do so instantly! What health and mental bliss you will possess! How people will throw themselves at your feet, and consider you the next thing to a god! How easily you will conquer any terror that besets you, whether it be socially, romantically or in business! No obstacle will deter you in anything you attempt, for you will quietly overcome it with the least effort. Life will be just one big success after another in anything and everything you undertake. And you will live much longer—and enjoy every moment of it. You will overcome any drawback you have, instantly and with astounding ease, and convert every step of your life into a steady advance in the direction you wish. And everybody will wonder what miracle power you possess. So, it pays you to acquire miracle tension-banishing power without delay.

The Shattering Nerve Influence of Prolonged Reflex Action

From morning to night you are crowded with problems or situations, some of them quite minor, which throw you into emotional conflict. And emotional conflicts, according to Merck's *Manual of Diagnosis and Therapy*, may produce extreme fatigue and nervousness. Nervousness brings tension. Conversely, too, Merck's adds, the physical states causing fatigability may cause nervousness. So even if you avoid people or unpleasant situations all day long, but tire yourself out in anything at all, you will still turn nervous and tense. Even if you just lay in bed all day long and do nothing, you will grow tense from boredom. There is no usual way to avoid growing nervous and tense day after day unless you drug yourself. And then you will be even *more* nervous and tense once you recover from it. Besides, the heart regulating

mechanisms are depressed by anesthesia. The drug, consequently, would also depress your heart action.

But that is not all. Tension does not limit itself to conscious nervousness. Through your subconscious mind it also spreads throughout your whole body, through all your nerves, including your sympathetic and parasympathetic nervous systems, and thereby tenses different organs and muscles. That results in reflex action, with all its unwanted sequelae when it lasts over a period of time, as most tension does. Your skeletal muscles affected by the reflex action (undue contraction) then atrophy from disuse, and the organs affected by it (deprived of their normal blood circulation) show degenerative changes which prepare the soil for the implantation of serious disease, like tuberculosis. The hysteric does that very thing to himself with his imagination and *really* makes himself sick.

How to Induce the Magical Repose of SWS Sleep with Secret ESP+ Control

The magic repose of *SWS sleep* is the miracle way to banish nervousness and its consequent reflex action. *SWS sleep is slow-wave sleep,* or sleep without rapid eye movement. It is therefore a sleep in which there is NO intense activity of the central nervous system (brain and spinal cord.) It involves NO intense activity of your sympathetics (your fighting nerves.) It is a sleep, instead, in which your mind takes wings from your brain and leaves it "dead to the world."

With your conscious and subconscious minds "away" from you, the nervousness they brought you is gone with them, and the tensions with which they filled you, are gone with them too. Your sympathetics grow dormant, and your parasympathetics (your loving nerves) rule you. Bereft of their exciting causes, your reflexes relax now, and your muscles and body organs return to their normal states. The only problem is that, when you are under tension, your mind stubbornly *refuses* to fall into SWS sleep. It remains unbudgingly within your brain all the time you sleep or try to sleep—keeping you awake or half-awake most of the time, and intensifying your tension and its reflexes with its dreams of conflict. In the laboratory SWS sleep is achieved in animals by

subjecting them to electroconvulsive shocks administered for five to seven days. You can fall into SWS sleep yourself by putting yourself under the influence of your parasympathetic nervous system.

The psychic master, however, falls into SWS sleep with secret ESP+ Control. Train yourself to do it in that manner. At bedtime, lie down to rest in your most comfortable sleeping position. Close your eyes and visualize your astral body lying in the air, about three feet above you, peering down at you. With PSYCHASTRA "suck in" your mind-naval ether and draw in your astral body flow, up your Psychastral Route to your conscious and subconscious minds. Let your astral body flow permeate your two minds.

With the successive inhibitory-excitatory sub-trance (fill yourself with the overwhelming conviction that you CAN banish *all* tension at once), let your brain secrete the appropriate chemical substance (in this case, serotonin) with which to alter your astral body flow with the right astral force and form necessary to incite your astral body to banish your tension at once. Visualize your astral body flow dissolving your tensions in it, and project it back, through your Psychastral Route, into your astral body, carrying your dissolved tensions with it. Accompany the projection with a power-packet blast (feel exuberant) to facilitate your altered astral body flow rushing across your Nerve Gaps. With the Multidiv, expect the greatest success from your astral body in banishing your tensions, and in the quickest time you hope for.

Perceive your Psychastralized astral body now looking down at you from where it floats above you, with your tensions fixed in its head, while you yourself lie quietly beneath it, a purely physical body *without* a single tension.

Master this "tension transfer" and let sleep descend upon you without resistance. Halt immediately any thoughts that try to arise in your mind by projecting them right back out and watching them cramming into the head of your Psychastralized astral body, NOT in your own—as if they are *its* troubles, *its* concern, *not* yours. In astonishingly short time you will fall into a deep, dreamless SWS sleep, and you will sleep as you have never slept before. Your tensed muscles and organs will relax completely, and you will enjoy the magic repose of SWS sleep. When you awake, you will feel like the proverbial newborn babe.

How to Banish Nervous Tension Instantly When Awake

You can banish your tension instantly, too, when awake, in much the same manner. The moment you are confronted with a nerve-shattering situation, *at once,* with the successive inhibitory-excitatory sub-trance, fill yourself with the overwhelming conviction that you CAN banish *all* your tension instantly. Your brain will at once secrete the appropriate chemical substance (in this case, serotonin again) with which to prevent the fears that have rushed into your hypothalamus, from reaching your conscious mind. *Now,* visualize your astral body standing facing you, connected to you by the silver cord. With PSYCHASTRA "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route to your conscious and subconscious minds and let it permeate both of them.

Visualize your astral body flow dissolving *any* tensions whatsoever in them. Let your brain secrete the appropriate chemical substance (x) with which to alter your astral body flow into the right astral force and form necessary to draw all the fears and tensions out of you. Now, project your altered astral body flow out of your brain, carrying with it *all* your tensions and fears with it, into your astral body, leaving your mind relaxed. Act now like the new, tension-freed you. Should the least feeling of tension return to you, project it right out to your Psychastralized astral body, and you will experience no further difficulty banishing tension from your mind instantly when awake.

How to Build up the Explosive Energy of Muscle Relaxation

True muscle relaxation is possible only when both your mind and your body are free from tension. The least tension in either, and your muscles tense to a greater or lesser extent. For all incomparable athletes, all acrobats, all fashion models, all public speakers—for any activity that requires body power, body grace or body efficiency—success is impossible without muscle relaxation. Good health, too, depends upon it, because when your

muscles are chronically tense they undergo reflex contractions *when in action,* even if temporary, and that brings on fatigue quickly. Your muscles then react like those of the patient with voluntary tremor: he does not tremble while sitting or lying down still, but the moment he makes a move (even if he just points a finger) his muscles tremble violently and incapacitate his actions. The relaxed muscle, in contrast, can explode with energy and act efficiently in an instant, for it is handicapped by no concealed reflex action which may suddenly grip it the moment it contracts the least.

This concealed tendency to overcontract or enter into a spastic state, when not due to a nerve lesion, is due to a mental cause, such as nervous tension. When your muscle is tense in reflex action, besides, it builds up toxins in your blood. Continuous action of toxins upon the cells of your sympathetic nervous system injures them and causes them to atrophy. (Amyloid and atheromatous degenerations are considered part of the sympathetic syndrome.) Since there is a continuous flow of messages (sensory impulses), to, passing *to* your brain and spinal cord *from* the surface of your body, these may cause reflex action through your brain and spinal cord and contract certain of your skeletal muscles; or, through your sympathetics or parasympathetics, cause reflex action in the muscles of your body organs.

True muscle relaxation, then, is imperative. But how do you attain it? Muscle relaxation is due to the sliding filament mechanism. There is an inherent property of the contractile elements of the muscle fibrils themselves to return to their original length. This property has nothing to do with any smoothing out of the contracted muscle by external forces, such as by your straightening your arm out again after your biceps is contracted. A muscle which has been shortened too much by contraction, though, (shortened more than 60 per cent, according to Ramsey and Street) does *not* elongate after contraction. Such a degree of contraction amounts to a cramp. The force necessary to relax the muscle, nevertheless, resides within the muscle itself, as observed in heart muscle during diastole (or cardiac relaxation). And it is due to the sliding filament mechanism. And this mechanism can be easily put under secret ESP+ Control.

In order to build up the explosive energy of muscle relaxation,

then, with PSYCHASTRA "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route to your conscious and subconscious minds. In your whole spinal cord, now, from the base of your skull down to the base of your spine, apply the successive inhibitory-excitatory sub-trance. (Fill the Nerve Gaps in that section of your anatomy, in other words, with the overwhelming conviction that you CAN TRULY RELAX all your muscles at once, no matter how strongly contracted or tense they may be.)

Your brain will at once secrete the appropriate unknown chemical substance (x) with which to convert your astral body flow into the right astral force and form necessary to bring you total muscle relaxation immediately. Visualize your altered astral body flow pouring out of your spinal cord into your tense muscles and dissolving the tension in them. Then project it back into your astral body through your Psychastral Route. Accompany the projection with a power-packet blast (feel exuberant) to facilitate the astral body flow rushing across the Nerve Gaps of your Psychastral Route. With the Multidiv, expect the greatest muscle relaxation you can conceive of, in the shortest possible time.

Your stiffly contracted muscle fibrils will slacken like overstretched elastic and curl up like marcelled hair. The moment they feel as if contracting again by themselves, project them out and watch them contract in your Psychastralized astro body, NOT in YOUR BODY. They will relax and curl up like marcelled hair again in your own body, ready to tense tight and explode with energy the instant you call them into action.

How, with Secret ESP+ Controlled Tension-Banishing Power, a Person Killed an Attacking Lion with One Simple Move

In a rather dry region of Kathiawar, India, Upclintu, a twenty-five-year-old Indian fakir, was drifting behind a migrating flock near the bed of an ancient river which cut across the desert. Suddenly he detected a slight movement in a shrub, at one side of the flock. The flock broke into panicky flight, and a lion sprang out, headed for the slowest sheep. Upclintu shouted at the beast and swung at it with his staff.

The lion drew away, then wheeled around and perceived its attacker. With a growl it started for him.

In consternation Upclintu backed against a tree trunk to brace himself against the animal's expected lunge. Holding his staff in his trembling hands, he visualized his astral body standing there facing him, connected to him by the silver cord. With PSYCHASTRA he "sucked in" his mind-navel ether and drew in his astral body flow up his Psychastral Route to his Third Eye and let it soak right into it. (The Third Eye is the psychic power center.) Then he poured it out of his Third Eye, down his spine into his trembling muscles and dissolved *all* tension out of them, and they now felt thoroughly relaxed. Then he projected his altered astral body flow out of him again, through his Psychastral Route, carrying *all* his tensions with it into his astral body and leaving his mind and body absolutely relaxed. Upclintu's tremors vanished at once, and he saw them now inhabiting his Psychastralized astral body instead of his own body.

His terror of the beast vanished with his tension, and his head turned as cool as the waters of the Bramaputra at the end of winter. He stared the stalking lion straight in the eye and seized hold of his staff with both hands about two feet apart, so that when the animal sprang at him, as it was obviously preparing to do, its deadly claws would not land on his hands and tear them to shreds. Upclintu then set his staff horizontally against his torso, about the level of his collarbones, ready to use at the proper moment.

All at once the lion leaped at his throat. Keeping his senses icy cool, Upclintu waited until the animal was high enough in the air and close enough to him, with its terrifying white fangs fully unbared. With one move he rammed his staff straight out at it, with all his might, directly between the savage jaws. The powerful thrust jammed the head of the onrushing beast back so forcibly against its neck that, with a sharp crack, it broke it. The lion dropped, with a heavy thud, lifeless at his feet.

Contemporary True Life Cases

There are individuals right in your own time who have touched the magic key to secret ESP+ Control over their miracle tension-banishing power. With that touch of PSYCHASTRA they have

miraculously conquered fear and got rid of nervous tension instantly, and coolly and calmly overcome seemingly insurmountable obstacles. Following are some typical examples. The names of the individuals and sometimes of the places have been changed.

How George Aspinwall Kept His Head Clear on the Witness Stand and Fought back Against Overwhelming Opposition and Saved His Business from Disaster.

George Aspinwall felt that he was being unfairly persecuted by a rival business firm. Now he was on the witness stand defending himself against its accusations. He had never been on the witness stand before and, as the opposition lawyer stepped up to cross-examine him, his heart felt as if composed of fluttering feathers. He answered his inquisitor as best as he could, but he felt awkward and realized that he was saying far more than he was required to say. His own lawyer looked alarmed.

All at once George imagined the worst thing that could happen to him. He could be found guilty and fined heavily—and even sent to jail, guilty or not—so long as he allowed himself to be proved guilty even when he wasn't. STILL, that was the worst they could do to him. They were not going to haul him off the witness stand and tear him limb-from-limb or subject him to confession by fire. So he looked straight at the opposition lawyer as the latter questioned him further, and this time he visualized that lawyer withering and dropping to the floor like a handful of ashes because his questioning was unfair and obviously intended to trap him or to draw more information out of him than he was entitled to. The judge repeatedly overruled the objections of George's lawyer, declaring that the answers could be struck out of the records if they proved to be immaterial to the case. Being under oath, George found himself in a spot.

So again he stared at the opposition lawyer and imagined him withering and dropping to the floor like a handful of ashes. George therefore did not let terror invade him, but filled himself with defiant courage instead and answered his tormentor with a cool, calm and totally unshaken attitude and gave him back *just the answer* and not a word more. The opposition lawyer was obviously waiting for those extra "self-incriminating" words, and

when they failed to come he looked nonplussed and a bit annoyed. He turned desperately to the judge, but the judge replied to him that the witness had answered the question.

The seething lawyer now whirled around to George and let loose a barrage of sharp statements and accusations. But instead of opening up furiously as he had apparently been expected to do, George merely gazed back at him and saw him again wither to the floor like a handful of ashes. George's own lawyer leaped to his feet now, but the judge himself called the opposition lawyer to order and warned him against abusing the witness. From then on the opposition lawyer began limping legally in the case, as George calmly faced him and met his futile onslaughts, and he gradually faded from the picture. Before long, George's lawyer requested that the case be dismissed. When it was decided, George won. With a touch of secret ESP+ Controlled miracle tension-banishing power, George Aspinwall had kept his mind clear on the witness stand, had fought back against overwhelming opposition and had saved his business from disaster.

How Veronica Morales Became a Political Leader of Men and Women and Was Elected to Political Office Against All-Male Opposition

Veronica Morales was a twenty-eight-year-old woman in a small Latin American country. It was an all-male, all-aristocrat controlled system, and Veronica belonged to the poorly paid store-clerk working class. But that was not all. To get work, a woman had to demonstrate an "intimate willingness" to her employer, or he would fire her the moment she stopped being "nice" to him. Not only that, but he would cap it all by bragging to his buddies about his conquest. Veronica, indeed, opposed the whole degradation of woman in that society.

One day she finally made up her mind to flout the old customs of the country and demand that women be given their equal place in it. She stopped being the cowed, frightened, grateful female, quaking before her dictatorial male employer, ready to gratify his every whim in order to hang on to her job. She courageously decided that her personal being was as inviolable as

his; that she deserved the same pay for the same work as any man; that when she married, her husband should stay home with her at night, unless his business or special society called him out; that she herself should be able to go out leisurely at night unattended if she wished.

Veronica thought it all out in bed as she rested at night in her semi-slum quarters and made up her mind to challenge the old traditions. She boldly attended political meetings, although it shocked the all-male gathering, and climbed to the platform, too, and spoke! Her speech avoided the female issue entirely, but concentrated on the miserable economic and social plight of the poorer-class man. The men began to listen, and her speech brought forth a wild burst of applause. When she spoke at the next meeting, the resulting enthusiasm was electric. At nomination time for ward assemblyman for that party, one man had the audacity to nominate her! But the others strongly upheld him—and she won the nomination. In the primary, the women came out with their husbands and voted for the first time in that country—and for her! Veronica won her seat with ease. Her action influenced other women in the country, and they, too, became more independent and demanding, and the movement toward the emancipation of woman in that little, custom-bound country, took a decisive leap forward. With a touch of secret ESP+ Controlled miracle tension-banishing power, Veronica Morales, in a country where women hardly counted, became a political leader of men and women and was elected to office and started to change the whole status of her sex in her country.

SUMMARY OF THIS SECRET POWER

Secret ESP+ Control over your miracle tension-banishing power is the easiest and most effective miracle power for conquering fear and getting rid of nervous tension instantly, and for coolly and calmly overcoming insurmountable barriers. In order to master it most easily, pursue the following simple steps:

Step 1. The moment you are faced with a nerve-shattering situation that fills you with dread, *at once* fill the Nerve Gaps in your brain and spinal cord with the overwhelming

conviction that you CAN banish *all* your tension instantly, both in your mind and in your muscles.

Step 2. Then visualize your astral body standing facing you, connected to you by the silver cord. With PSYCHASTRA "suck in" your mind-navel ether and draw in your astral body flow up your Psychastral Route to your conscious and subconcious minds and let it permeate both of them.

Step 3. Visualize your astral body flow dissolving *all* tensions whatsoever in them.

Step 4. Then let it pour down, with the right astral force and form, through your whole spinal cord into your trembling muscles, and dissolve *all* the tension out of your brain and muscles, so that you feel absolutely relaxed.

Step 5. Now project your altered astral body flow out of you through your Psychastral Route, carrying *all* your tensions with it and leaving your mind and body thoroughly relaxed.

Step 6. Accompany the projection with a power-packet blast (feel exuberant) to facilitate your altered astral body flow rushing across the Nerve Gaps of your Psychastral Route.

Step 7. With the Multidiv, expect the greatest possible banishing of all your tension, and in the shortest possible time you want it to happen, and send your altered astral body flow back into your astral body.

Step 8. Perceive your Psychastralized astral body looking at you now, filled with *your* tensions instead of you.

Step 9. Should you feel any more tensions coming into you, project them back out to your Psychastralized astral body and let them enter *it,* NOT you.

You will banish all your tensions with tremendous speed and feel absolutely calm and cool in no time, just as the true psychic masters do.

5

Body Power

What Locking Control over Body Power Can Do for You

With miracle body power you can perform miraculous feats of strength instantly. You then overcome physical obstacles which seemed to you inconquerable before, instantly, with a sudden burst of superhuman power which you never dreamed you possessed. After you overcome them, in fact, you will hardly believe that you did it, for you will have done something which you never dreamed you could ever do, and will have done it with astonishing speed. With this miracle power you don't have to build up first to put your inborn miracle body power under secret ESP+ Control. You can train *all your life,* indeed, and yet *never* acquire the body power which you can exert in an instant, any time, with secret ESP+ Controlled miracle body power.

To have such a power always at your disposal, besides, fills you with a confidence in yourself which conquers people at a glance. Bullies will steer clear of you, for they "feel" that you could flatten them, even if you don't look as if you can. Should they let their passions prevail and harass you anyway, with secret ESP+ Controlled miracle body power you will attack them with the strength and speed of a wild beast turned loose and throw them into flight.

Jack Dempsey, whose one-round knockout record staggers the imagination, has stated repeatedly that he was wound up like a spring before the bell rang for those bouts, but that after it rang the spring unwound within him with such unbelievable fury that

the next thing he knew was that his opponent was down. His blows had flown so fast and furiously that he could hardly recollect afterward what he had thrown. Not only that, but he could not even recollect feeling any of the stunning blows which he himself was supposed to have received during the ferocious exchange that preceded his one-round knockout. Whether he was aware of it or not, Dempsey had released a miracle body power. No wonder he has been called the hardest hitting boxer of all time! So, be you a man or a woman, master the seven parts of this miracle power, for you never know when you might suddenly have to use it to save yourself or someone else from disaster.

The Seven Parts of Controlled Body Power Revealed

Secret ESP+ Controlled miracle body power is composed of seven parts. The moment you are faced with a situation that requires miraculous physical power for you to escape or overcome:

1. *At once* apply the successive inhibitory-excitatory subtrance (fill yourself with the overwhelming conviction that you DO possess the physical power to surmount it).
2. Then with PSYCHASTRA "suck in" your mind-navel ether and draw in your astral body flow up your Psychastral Route and into the muscle groups you will have to use.
3. Then apply the ESP+ Controlled subliminal fringe on those muscle groups, to endow them with Herculean strength instantly.
4. Increase their maximum contractions to the peak with calciumated astralized Nerve Gap Fusion.
5. Maintain the peak contractions *even after* you are exhausted, with the "ghostly" muscle power contraction of the after discharge.
6. Hold the contracting muscles in position against unbelievable opposition, with the unbudging myospasticity of your sympathetics.
7. Lock your miracle arm power, leg power, shoulder power, back power, or any other muscle power, into you while using it, with the spino-astral reflex arc.

The seven parts will now be programmed for you. (From the previous lessons, you already know how to do Parts 1 and 2.)

Part 3. How to Apply the ESP+ Controlled Subliminal Fringe on the Muscle Groups to Endow Them with Herculean Strength Instantly

With your altered body flow now saturating the muscle groups you are about to use to meet the overwhelming situation, you have to endow these muscle groups with Herculean strength instantly. This can be achieved easiest with the ESP+ Controlled subliminal fringe, which prevents nerve occlusion. Strange to reveal, your maximum muscle power, acquired either physiologically or through ESP+ Control, is produced NOT through your applying at one time the most intense nerve stimulation (or nerve command) to the muscle to contract, but by your applying *two weaker ones* to it *successively!* That is known physiologically as the *subliminal fringe.* The reason for that is made vivid in Illustration 2 as follows.

If you stimulate (command) a muscle so intensely that *all* the nerve fibers transmitting the command to the muscle contract *all* the muscle fibers at the same time, then all the *nerve* fibers from the first whole muscle command nerve (*nerve* fibers 1, 2, 3, 4, 5) will contract all the *muscle* fibers they command, at the very same time that all the *nerve* fibers from the second whole muscle command nerve (*nerve* fibers 4, 5, 6, 7, 8) contract all the *muscle* fibers which *they* command. Nerve fibers 4, 5, in that event, will be stimulated (commanded) *both* by the first and second whole muscle-command nerves *at the same time.* Since nerve fibers respond completely or not at all to stimulation (command), there will result an overlap (or occlusion) in their commands to your *muscle* fibers to contract. Nerve fibers 4 and 5, therefore, will be stimulated *only half* by the first and *only half* by the second whole muscle command nerves. In contrast, when the first whole nerve is stimulated (commanded) first, and the second whole nerve later, the two whole nerves will each stimulate its own five nerve fibers *fully, with no overlapping* of the stimulations. The increased power which they will consequently discharge to the muscle is considerable.

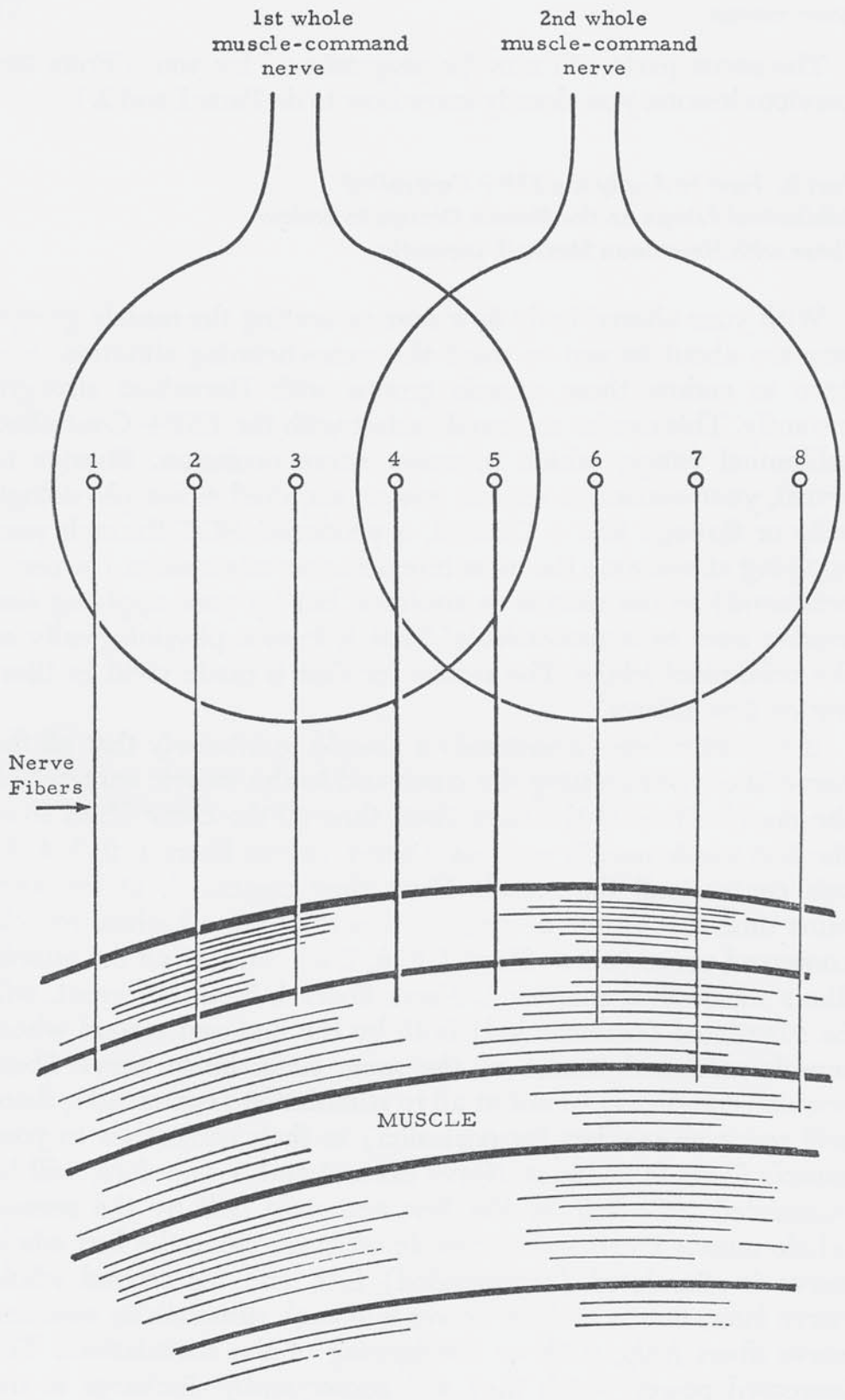


Illustration 2.

THE SUBLIMINAL FRINGE

For instance, when the two whole muscle-command nerves of the tibialis anticus muscle (the muscle of the outside-front of the calf) are stimulated intensely together once, they produce the total muscle power of only 1.81 kg. But when the two are stimulated weakly but *individually and successively,* they produce the muscle power of 1.57 kg. for one whole muscle-command nerve, plus 1.58 kg. for the second whole muscle-command nerve, or a total of 3.15 kg., or nearly *twice* as much power as when both whole muscle-command nerves are stimulated (commanded) at the same time. And it is simply because occlusion (or central overlap) was prevented in the nerve fibers of the two whole muscle-command nerves by the subliminal fringe—or by stimulating (commanding) each of them weakly but *successively.* The same applies to your stimulating any muscle with your conscious mind command.

Exercise for contracting your biceps with the subliminal fringe. Try to lift something with your biceps. Lift it first with one sudden arm flexure. Then lift it another way: start lifting it with a slight flexure, but relax the arm for an instant; and *then* lift the weight the full range. You will lift the weight noticeably easier the second way, for you will be lifting it with the Herculean effect of the subliminal fringe on your muscle-command nerves.

Part 4. How to Increase the Maximum Contraction Strength of Your Muscles to Maximum Peaks with Calciumated Astralized Nerve Gap Fusion

Now that you have endowed your muscles with Herculean strength in action, you want to reap the utmost results from their action all the way to the end of their contractions. This is achieved by increasing their maximum contractions to their peaks, and the best means for that is: calciumated astralized Nerve Gap Fusion. This means will now be explained.

The faster your command rushes to your muscle across the nerve pathway of its muscle-commanding nerve, the more intensely it will activate your muscle. That's why your muscle-commanding nerves transmit their commands much faster than your message-bringing nerves (or the nerves which transmit the

messages from your body and your organs to your spinal cord and brain), and faster also than the nerves of your sympathetics and parasympathetics. Your pain fibers (message-bringing nerves) transmit their impulses (their messages) the slowest of all, or only at a speed between .3 to 1.6 meters per second. Your muscle-commanding nerves, in contrast, transmit their impulses (their commands) at 90 meters per second. The velocity of the transmission across the length of the nerve, though, does not alter in the *individual nerve.* Evolution has therefore multiplied the speed of transmission of your nerves by means of six different adaptations to enable you to cope much easier with the ever-present perils of life. By multiplying them yourself still more with ESP+ Control, you will come closer to acquiring miracle body power. So, look closely now at the five ways Nature itself multiplied that transmission speed of your nerves, and particularly of your muscle-commanding nerves:

1. Nature has increased the length of your individual nerve and thereby reduced the number of Nerve Gaps along your nerve pathway, which otherwise retarded significantly the velocity of your nerve transmission. (This is particularly true of your muscle-command nerves.)
2. Nature has increased the size of your nerve fiber, for the velocity of nerve transmission is proportional to the diameter of the nerve. (Again, this is particularly true of your muscle-command nerves.)
3. Nature has covered many of your nerves with a sheath known as the myelin sheath, with the result that a small nerve fiber with a thick myelin sheath transmits impulses faster than a big nerve fiber with a thin or even no myelin sheath. An 8*u* (8 microns) cat nerve fiber with nearly half its diameter being myelin sheath, for instance, transmits impulses at the same speed as a 650*u* squid giant nerve fiber with only 1 percent of its diameter being myelin sheath. (Best & Taylor.)
4. Nature has added nodes and saltatory conduction to the sheath of the nerve fibers of the vertebrates. These, within limited dimensions, also favor high-velocity nerve transmission.
5. Nature has created intrinsic differences in the excitability of the membrane covering your nerve tissue itself, as well as to its reaction to the time and space of the factors of stimu-

lating it, as was demonstrated in the subliminal fringe type of stimulation.

All these factors are inborn in you, and different animals have evolved different adaptations to attain them. There is a particular one, though, which you yourself can use to multiply enormously and instantly the speed of your nerve transmission and thereby activate your muscle more intensely. It is astralized Nerve Gap Fusion, and it is the command accelerator which the psychic master uses.

Nerve Gap Fusion is possible for several reasons. For one thing, there are striking histological (cell structure) differences among Nerve Gaps and these must, by their geometric patterns, result in differences of speed in the transmission of the message or command across the space between the ends of the nerve segments that compose them. Furthermore, there is evidence that Nerve Gaps exist with large equal surfaces on each side of their gaps, and that they transmit the impulses NOT THROUGH the medium of the secreted acetylcholine in the spaces between them, but through *surface contact.* It all signifies that the body is perpetually trying to evolve newer and more efficient ways and means to speed the transmission of its messages and commands to its different parts, and therefore is instinctively cooperative to respond to any efforts of yours to help it along in that direction.

The revealing secret of the Nerve Gap electron-opaque band. Acetylcholine, the substance secreted at the Nerve Gaps which makes it easier for the message or command to be transmitted across them, is secreted also at the Nerve Gaps both of your sympathetics (your fighting nerves) and of your parasympathetics (your loving nerves.) But since calcium facilitates the release of acetylcholine at all Nerve Gaps, it consequently speeds up tremendously all transmission of nerve messages or commands across all Nerve Gaps. A sympathetic (fighting nerve) predominance in the body favors calcium in the body, while a parasympathetic (loving nerve) predominance in the body, favors potassium.

Now, then, there is evidence that the large equal surfaces on each side of Nerve Gaps *do come into contact.* Scientists made that discovery when they found isolated electron-dense spheres lying under the membrane of the *farther-away surface* of the

Nerve Gap. It indicated that the protein found on the *nearer* surface of the Nerve Gap (which contains a high proportion of basic amino acids, like lysine, histidine and arginine) had been *pasted* upon the *farther-away* surface of the Nerve Gap, instead of being transmitted across the gap to it. The protein could not have been transmitted across to it through the medium of the acetylcholine because the acetylcholine mediates only the transference of the *electric charge* carrying the nerve impulses across the Nerve Gaps. The Nerve Gaps, then, had been *fused.* Nature, in other words, is still trying to find other ways to speed up the transmission of the messages or commands across the Nerve Gaps. She is therefore *most willing* to help you encourage Nerve Gap Fusion yourself, as the psychic master does. So, practice this next exercise assidiously, to speed up your commands to your muscles and activate them more intensely.

Exercise. How to fuse your Hercules-making Nerve Gaps astrally. If you could fuse the Nerve Gaps of your nerve pathways yourself, they would transmit your muscle commands through your nerve pathway as if it consisted only of one long, continuous nerve, from your brain to your muscles. ("Transmit across it one-to-one," as the physiologists say.) Since calcium is the great transmission expediter because it quickens the release of acetylcholine at the Nerve Gaps, it is obviously the means for your drawing the opposite sides of your Nerve Gaps together. *Excess* calcium, though, slows down the speed of the transmission. So, increase your calcium influence enough to draw the two surfaces of your Nerve Gaps together, but don't increase it beyond that degree.

How to Demonstrate Astral Body Strength

So, sit down or lie in bed to relax and learn how to do this exercise. Later, do it while you are physically active. Relax your arm now, then suddenly turn savagely angry. Think out the most enraging thought you can call up. Your sympathetics will immediately predominate in you and rush calcium to your Nerve Gaps to facilitate the transmission of your commands to your muscles to fight or take flight. At once, with PSYCHASTRA, "suck in" your mind-navel ether and draw in your astral body

flow, up your Psychastral Route and into the muscles of your arm. With the successive inhibitory-excitatory sub-trance (fill yourself with the overwhelming conviction that your arm is so powerful now that it can knock out a lion with one blow, or can lift one end of a car), let your brain secrete the appropriate unknown chemical substance (x) with which to alter your astral body flow to the right astral force and form necessary to perform either of those feats instantly. Visualize your altered astral body flow pouring into your arm and filling it with this power. In order to fill it with that power, your altered astral body flow will have to transmit this miracle power to your arm without losing speed around your Nerve Gaps. You achieve that when you turn on the full force of your emotions.

Part 5. How to Maintain the Peak Contractions of Your Muscles Even After *You Are Exhausted*

Now that you have brought your muscle groups to their peak contractions, you have to maintain the contractions long enough to gain from their miracle power, even when you are exhausted, or you will fail to perform the body-power miracle you are trying to. The best means for this is psychic muscle-power contraction of the after-discharge. This secret will now be explained.

The more you do something, the easier it is to do it. The repeated nerve impulses (messages and commands) for doing it will cross the Nerve Gaps of the nerve pathways to it easier and easier and form a conditioned reflex. With miracle body power, the repeated nerve impulses achieve even more, for they also induce the nerve itself to grow longer and thereby transmit the commands faster still to the muscle, for the more you use a muscle, the more its commanding (motor) nerve grows. The more you use a muscle, too, the more message-bringing (sensory) nerves transmit that sensation from it back to your conscious and subconscious minds, and so the muscle will soon respond *automatically* to that command every time you start to use it in that manner.

That conditioned muscle, besides, will remain contracted *even after* you stop commanding it to. This psychic or "ghostly" muscle contraction is called the *after-discharge*.

The *after-discharge* is quite significant. In the crossed extension reflex of an animal being dissected for study, when the nerve is stimulated intensely, the "ghostly" contraction may last 1 second or more after the stimulation is stopped. In other reflexes, such as the scratch reflexes, the "ghostly" contraction lasts only 60 to 70 m. sec. longer. Strengthening or lengthening the stimulation lengthens the *after-discharge* time. Indeed, nerve trunks even remain excitable and may respond to stimulation *after* the experimental animal has been killed by an overdose of anesthesia. The "ghostly" contraction, therefore, may last even after death!

Control by Psychastra

Although the "ghostly" contraction of the *after-discharge* results from the continuing and then gradual subsiding of the excitatory state which the successive stimulations have built up in the nerve, there is no accepted explanation for it. The important fact, however, is that with PSYCHASTRA you can both *intensify and prolong* this *after-discharge* "ghostly" contraction time, so that your body power will remain with you long after the other person's has left him and thereby you can vanquish him easily. Even if you are fatigued or exhausted by then, your muscles will still respond to PSYCHASTRA because the nerve trunks, as was revealed before, remain excitable and may respond to stimulation at your command.

How to Generate the "Ghostly" Muscle Power Contraction of the After Discharge

Repeat the last exercise of Part 4, that of fusing your Hercules-making Nerve Gap astrally, and proceed from there. Visualize your altered astral body flow now, rushing back up your arm, down through your Psychastral Route and project it out of you into your astral body. Accompany the projection with a power-packet blast (feel exuberant) to facilitate your altered astral body flow rushing across your Nerve Gaps. Contract your arm immediately in the defensive move you planned: first, a slight contraction, then a powerful one (in other words, more or less

apply the subliminal fringe). Then forget your contracted arm entirely and think of something else. But keep it contracted fully for four seconds, like a shorter isometric exercise. Practice and master this and you will swiftly feel incredulously strong. You will be generating the "ghostly" muscle power contraction of the after-discharge.

Part 6. How to Hold Your Contracting Muscles in Position Against All Opposition

Now that you are maintaining the peak contraction of your muscle groups, even if you are exhausted, you have to hold the contracting muscles still in position, even if the opposition (or resistance) is unbelievable, or your muscle body power will not achieve the miracle you are striving to. You achieve this with the unbudging myospasticity of your sympathetic nervous system. . . . What is that? Well, it so happens that the power of your muscle contraction is not due to the intensity of its maximum contraction alone. A half-dead hysteric or a subject under hypnosis can swiftly unloose a muscle force and agility which fantastically surpasses that of the best-conditioned athlete. And he does not unloosen it by thinking he is so powerful, but by previously unsuspected changes which his subconscious mind made upon his muscles through his *sympathetic nervous system.*

What are these previously unsuspected changes? Well, one scientist reportedly has shown that the voluntary (or skeletal) muscles are composed of large and small fibers. Their large fibers are activated by the muscle-commanding (motor) nerves, and they contract the voluntary muscles (like those of your arms and legs, as distinguished from those of your blood vessels.) But their small fibers are activated by the *sympathetics,* and they produce a spastic state which *holds the muscles in the position (or in the contraction) given them by the large contracting fibers.* Smaller fibers, besides, are much stronger than large ones, just as the muscles of the ant are much stronger relative to proportion than those of man. Once your muscles contract, then, and you assume a savage attitude, your sympathetics (actually, your adrenal glands) will be stimulated and will throw the small fibers of your

voluntary muscles into a spastic-like state and multiply their tonicity.

So, now, repeat the exercise of generating the "ghostly" muscle power contraction of the *after-discharge*, which you just did. But at the end of it, when you contract your arm for four seconds, do it with a savage feeling. The more savage the better. It will stimulate your sympathetics (actually, your adrenal glands) at once, and their hormones will contract the small fibers of your arm muscles.

Repeat this exercise with other muscles or major groups of muscles of your body such as, your shoulder muscles (to lift or push), your back muscles (to pull upward or downward toward you), your leg muscles (to push your body up from a squatting posture), and multiply the power of each at will. You will be amazed at your new powers.

Part 7. How to Lock Your Muscle Group Power into Yourself with the Spino-Astral Reflex Arc

Now that you are holding your contracting muscles in position against an unbelievable opposition, you have to retain this miracle power in you until the miracle is performed. You retain it with the spino-astral reflex arc. Otherwise you risk missing your goal because of post-Nerve Gap inhibition.

Scientists Frank and Fuortes were the first to report a *pre-*Nerve Gap inhibition (presynaptic inhibition) which removed the electric excitability of the membrane on the *farther-away* surface of the Nerve Gap and "killed" the nerve message or command that was being transmitted along that particular nerve pathway. Frank proposed two possible explanations for that "tragedy" and concluded that post-Nerve Gap inhibition was far more responsible for it than pre-Nerve Gap inhibition. Post-Nerve Gap inhibition will develop in the membrane of the farther-away surface of the Nerve Gap of that muscle-command nerve pathway and prevent the nerve from providing you any further with miracle body power. The easy way to surmount this peril to your miracle body power is by sustaining that muscle or muscle group contraction through its spino-astral reflex arc.

What is the spino-astral reflex arc? First of all (see Illustration 3) all the large muscle groups of your body—that is, your arm muscles, your leg muscles, your shoulder muscles, your back muscles—are commanded by nerves distributed from specific nerve plexuses composed of different whole nerves which branch off from adjoining segments of your spinal cord and entwine with each other. The segments in the spinal cord from which they branch off are their reflex centers. The spino-astral reflex arc is created by implanting the Multidiv in the reflex center in your spinal cord of any particular muscle or muscle group whose miracle power you want to lock in and then blasting it, through the commanding nerves of its specific nerve plexus, into that very muscle or muscle group. Do it with your different major muscle groups in the following exercises, with the help of Illustration 3.

Exercise 1. How to lock in your miracle arm power with the spino-astral reflex arc. To lock in your miracle arm power with the spino-astral reflex arc, implant the Multidiv in the reflex centers of your biceps and triceps. These centers are located in the middle and lower segments of the portion of your spinal cord in your neck (see Illustration 3). These segments of your spinal cord distribute muscle-commanding nerves which form the middle and lower roots of your brachial plexus. These roots send muscle-commanding nerves to your biceps and triceps and contain their reflex centers. To implant the Multidiv into their reflex centers, visualize the greatest power which you wish your arm had, and the quickest time you wish it to have it, and fix that thought picture both on the middle and lower segments of your neck (or on your brachial plexus.) Then blast it through the muscle-commanding nerves of your brachial plexus into your biceps and triceps and affix it there. That, the spino-astral reflex arc will at once lock your miracle arm power into you and keep it in you all the time you use your arm to perform the miracle.

Exercise 2. How to lock in your miracle shoulder power with the spino-astral reflex arc. To lock in your miracle shoulder power with the spino-astral reflex arc, implant the Multidiv in the reflex centers of your trapezius and deltoid muscles. These are located in the upper and lower segments of your spinal cord in your neck (see Illustration 3). These segments of your spinal cord distribute commanding nerves which form the upper and lower roots of

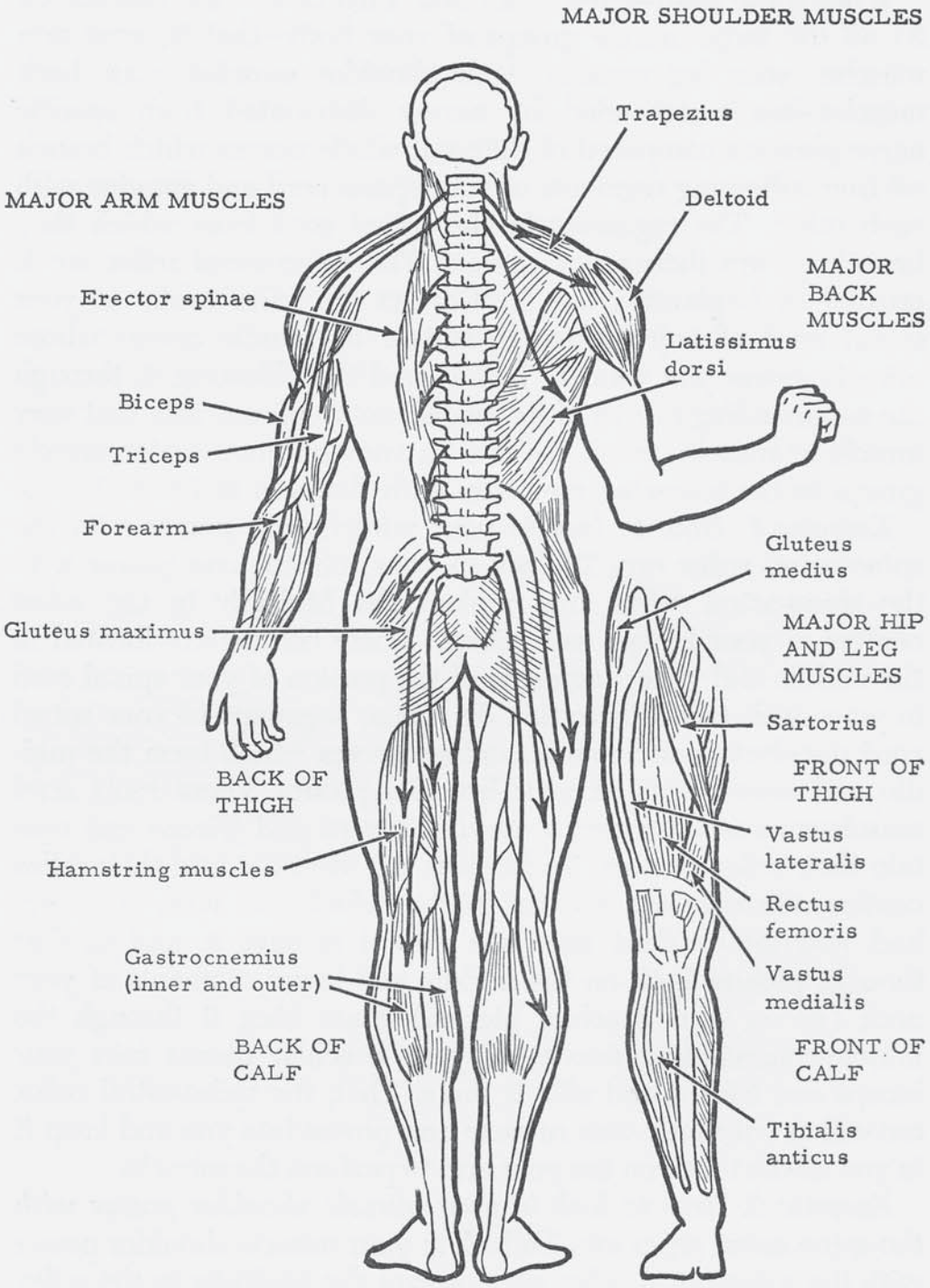


Illustration 3.

LARGE MUSCLE GROUPS

your brachial plexus. These roots send muscle-commanding nerves to your trapezius and deltoid muscles and contain their reflex centers. To implant the Multidiv into their reflex centers, visualize the greatest power which you wish your shoulders had, and the quickest time you wish them to have it, and fix that thought picture in the upper and lower segments of your neck (or on your brachial plexus). Then blast it through the muscle-commanding nerves of your brachial plexus into your shoulders and affix it there. That, the spino-astral reflex arc, will at once lock your miracle shoulder power into you and keep it in you all the time you use your shoulders to perform the miracle.

Exercise 3. How to lock in your miracle back power with the spino-astral reflex arc. To lock in your miracle back power with the spino-astral reflex arc, implant the Multidiv in the reflex centers of your erector spinae and latissimus dorsi muscles. These are located in the segments of your spinal cord in the lower part of your neck and in the upper five-eights of your spine (see Illustration 3). These segments of your spinal cord distribute muscle-commanding nerves to your latissimus dorsi and erector spinae (sacrospinalis) muscles and contain their reflex centers. To implant the Multidiv into their reflex centers, visualize the greatest power which you wish your back had, and the quickest time you wish it to have it, and fix that thought picture on the lower part of your neck and on the upper five-eighths of your spine. Then blast it through the muscle-commanding nerves of those regions of your major back muscles and affix it there. That, the spino-astral reflex arc will at once lock your miracle back power into you and keep it in you all the time you use your back to perform the miracle.

Exercise 4. How to lock in your miracle hip and leg power with the spino-astral reflex arc. To lock in your miracle hip and leg power with the spino-astral reflex arc, implant the Multidiv in the reflex centers of your major hip and leg muscles (your gluteus maximus, your hamstring muscles at the back of your thigh, your vastus muscles at the front of your thigh, your gastrocnemius muscle at the back of your calf, and your anterior tibial muscle at the front-side of your calf). Their reflex centers are located in the portions of your spinal cord at the base of your spine and in your sacrum, the bone which supports your spine from below. These

portions of your spinal cord distribute muscle-commanding nerves which form the lower segment of your lumbar plexus and the whole of your sacral plexus. These plexuses send muscle-commanding fibers to your hip and leg muscles and contain their reflex centers. To implant the Multidiv into their reflex centers, visualize the greatest power which you wish your hips and legs had, and the quickest time you wish them to have it, and fix that thought picture in the region of your spine from below your waist, down to halfway down your hips (or on your lower lumbar and all of your sacral plexuses). Then blast it through the muscle-commanding nerves of those plexuses into your hips and legs and affix it in them. That, the spino-astral reflex arc will at once lock your miracle hip and leg power into you and keep it in you all the time you use your hips and legs to perform the miracle.

Practice these exercises by combining different ones with each other, since most miracle body power feats require the use of several different groups of muscles either one after another, or more than one at the same time. In the summary at the end of this power, you will be shown how to use the seven parts in succession.

Practice and master these seven parts of secret ESP+ Controlled miracle body power, so that you can perform Herculean feats with them instantly and consciously.

How Gatlinga Slew Twenty-Three Would-Be Assailants Single-Handed with a Shepherd Staff

The yogi Gatlinga was marching through the market place at the edge of a village of the Punjab. He gazed hungrily at the food, but was without means to procure any of it. A beggar from the Dravidian caste suddenly snatched a handful of the edibles and fled. A tumult resulted. Gatlinga being a stranger to the village and looking like a beggar himself with his tattered garments and worn shepherd staff, was at once suspected of being a companion of the thief. A dozen swearing villagers gathered around him, cursing him and flashing murder in their eyes.

Exploding with anger, Gatlinga "sucked in" miracle body power within him from head to foot and raised his shepherd staff in warning. The dozen swearing villagers seized any weapon at

hand and sprang at him from all sides. Gatlinga's muscles instantly turned into those of a super-being, and he flattened his first attacker as if dead. He whirled around with lightning speed and flattened the one behind him. With equal swiftness he sent the one at the right of him reeling and kept them all at staff's length. He practically saw right through the back of his head and knew exactly when to turn and swing his staff. And his swings were so accurate that he missed no one he struck at.

Shouting defiantly, the villagers grew fast in numbers and besieged him from all directions. Gatlinga was kept busily swinging here and there and turning speedily to hit others. In that blazing sun the hectic struggle lasted two hours. But instead of tiring, Gatlinga's muscles assumed a tireless semi-spasticity that multiplied their power and nullified all pain. As time passed, he battered one assailant after another to the ground, until he was surrounded so thickly with their bodies that these in themselves protected him. By the time he retreated into the forest he had slain no less than twenty-three of them single-handed with his miracle body power.

Contemporary True Life Cases

There are individuals right in your own time who have touched the magic key to secret ESP+ Control over their miracle body power. With that touch of PSYCHASTRA they have spontaneously performed miraculous deeds which saved the lives of others. Following is a typical example. The names of the individuals and the places have been changed.

How the Frail, Unathletic, Sixty-Two-Year-Old Stanley Lifted the Back of His Car with His Bare Hands to Move the Life-Crushing Wheels off His Son

Stanley was driving back to Chicago with his family, following a short Easter vacation motor trip. Torrential rains had preceded them the night before they reached Indiana, and rivers had flooded and blocked off roads. Some had inundated high trees and

two-story farm houses. Stanley detoured again and again in his efforts to get back home.

While he was making a sharp turn to detour again, his back wheels got stuck. His fourteen-year-old son John climbed out to see. Stanley followed his directions to steer out of the impasse, but the car would not budge. So he, too, climbed out to inspect. John prostrated himself on his back in the mud, to peer under the car. All of a sudden the wheels turned, and the left rear-wheel pinned John down over his chest. The family members shrieked and scurried about. Stanley could not start the vehicle with John under it, for the other wheel was also imbedded in mud, and both would turn, but not move the car. Stanley had to do something miraculous without delay.

Utterly forgetting that he was a frail, unathletic man of sixty-two, Stanley seized the back of his car by the bumper and pulled upward with all his might. The car did not budge. John could not remain alive much longer.

Stanley seized the bumper again and pulled up. Everything seemed to black out. Then he was staring at a clearing blackness and heard voices. He detected John still on the ground, but he was lying *at one side of the car* and the family was tending to him! It was also praying and blessing Stanley! He had wished so desperately to save John that he had tried futilely to lift the killing automobile off him. That failing, he had blacked out and lost "consciousness" *and his astral body had seized the bumper with* his *hands and lifted the car off his son's chest.*

SUMMARY OF THIS SECRET POWER

Secret ESP+ Control over your body power is the most effective miracle power for performing incomparable feats of strength instantly, either in sports or to save a life. In order to master it most easily, pursue the following simple steps:

Step 1. The moment you are confronted with a situation that requires miraculous physical power for you to escape from or overcome, *at once,* with the successive inhibitory-excitatory sub-trance, fill the Nerve Gaps in your brain with the overwhelming conviction that you DO possess the phys-

ical power to surmount it. Your brain will immediately secrete the appropriate unknown chemical substance (x) to prevent any doubt about the capacity of your body power, from reaching your conscious and subconscious minds and filling you with fear, terror or muscular weakness.

Step 2. Then visualize your astral body standing facing you, connected to you by the silver cord. With PSYCHASTRA "suck in" your mind-navel ether and draw in your astral body flow up your Psychastral Route into the muscle groups which you will have to use to meet that situation, and permeate them.

Step 3. With the subliminal fringe to prevent muscle fiber occlusion, send your muscle groups a weak command to perform that feat of strength instantly. Relax and send them a second but stronger command to perform the feat.

Step 4. Turn savagely dominant now and visualize your astral body increasing the maximum contractions of those contracted muscles with calciumated astralized Nerve Gap Fusion.

Step 5. With the spino-astral reflex arc, lock in your miracle body power into those muscle groups by implanting the Multidiv into their reflex centers in your spinal cord and visualize them possessing the greatest power you wish them to have, and in the quickest time you wish them to have it.

Step 6. Then blast that power, through the muscle-commanding nerves of those muscle groups, into those very muscles and affix it in them.

Step 7. Then perform the miraculous feat you set out to do.

6

Memory Power

The Mighty Achievements Possible in Locking Control over Your Memory Power

With memory power you can perform miraculous feats of any type of memory instantly. You can memorize a whole book of facts by merely scanning through the volume swiftly (retentive memory), or you can project from yourself a vocabulary, or even information, which you have never studied and can't even recall hearing before, and yet use it as effectively as if you had studied it thoroughly.

You then no longer have to memorize by indulging in long, repetitive rehearsing, or by spending years accumulating a unique vocabulary or a deep fount of knowledge before you can have either at your finger tips. Indeed, you could practice for months memorizing a whole book otherwise, and still not be sure enough of the material it contains, or you could spend years studying and still not acquire an extensive vocabulary or a wealth of knowledge ready for instant recall.

With ESP+ memory power you not only recall *exactly* the facts you memorized, but your conscious mind actually *sees the very page and paragraph and line and typography from which you scanned it; or its words just fall upon your tongue; or the information just pours into your brain when you need it*—all with a stunning instancy that leaves the dictionary, the thesaurus and the textbook nothing more than useless weight of paper. You probably can't even define the astounding words you use either, but still you use them with dazzling accuracy. You prob-

ably can't even track down or explain the amazing information that you recall so magically, and yet it is exact information.

If you are formulating important or crucial plans for yourself or your company, solving a perplexing problem in your occupation, fighting a desperate case or inventing something original, the very knowledge you need will flash into your mind when you need it. It may be knowledge which you hardly remember absorbing and which may be difficult to track down.

Whenever the esteemed author Thomas Wolfe seized hold of his pen, his creative mind swarmed with such an endless stream of minute recollections of his own daily life that he actually recollected, he said, himself within his mother's womb! Sometimes your memory brings you tremendous knowledge when you are asleep and dreaming! Eli Whitney tried hard to invent the cotton gin. Then he dreamed of something simple that provided him with the basis for the invention that revolutionized cotton-crop production and catapulted cotton into a leading industry. With miracle memory power you achieve successes in life which are practically impossible to achieve without it.

How to Control Your Recent and Distant Memories with Your Sympathetic and Parasympathetic Nervous Systems

To acquire the greatest memory possible, you have to control it with your sympathetic and parasympathetic nervous systems. Besides there being two distinctly different types of memories, (the retentive and the creative), these are divided into three different time-length memories: (1) the immediate, (2) the short-term, and (3) the long-term. Immediate memory (memory trace), short-term memory (memory storage) and long-term memory (memory-retention), in other words, are all dependent on *time*. All three clearly indicate that long-lasting trace (memory) of an experience is *not* completely fixed, consolidated (fastened), or coded in your mind at the time of the experience. It takes *time* for the memory of anything to fasten in your mind.

For several hours after you undergo an experience, as a result, its fastening in your mind may be quickened or slowed.

Now, since permanent or long-term memory fastens in your mind slowly over a period of time, there must exist processes in your mind through which the memory of the experience is retained in your mind over the short-term while it is fastening in it. There also exists in your mind an immediate memory without permanency. Such a memory is different from short-term or long-term memories, for the latter two *increase* with time. The evidence in any case, according to physiologists, definitely shows that learning (or trial-to-trial improvement) in animals DOES NOT depend altogether on permanent storage of the memory of it, but that it CAN BE quickened (or facilitated) by *increasing the time* between the learning periods. Although there is little doubt, then, that memory storage can be obstructed, there is also accumulating evidence that it CAN be facilitated. Strychnine, for example, may help facilitate learning the steps for performing a task. Nicotine, caffeine, amphetamine, physostigmine, magnesium pemoline and many new drugs *do facilitate* learning in laboratory animals. When strychnine is administered more than 30 seconds after the end of the training period, however, memory storage is not facilitated.

Memory lies in an *increase* of the transmission of the nerve impulse across the Nerve Gaps—or in a predominance of the parasympathetics, which lead in secreting acetylcholine, the great facilitator of Nerve Gap transmission. Memory, to put it simply, lies in feeling exuberantly powerful! The more you enjoy trying to remember the material, the better you memorize it.

In contrast, though, an *almost forgotten* habit becomes *well-remembered* by you when your sympathetics are stimulated (for your amount of secreted acetylcholine is decreased, since your sympathetics secrete another substance at their nerve endings.) The more determinedly you try to recall an *almost forgotten* habit, the surer you recall it, even if you have to take "recesses" during your efforts to recall it. A *well*-remembered habit, though, is forgotten when your sympathetics are stimulated (or when your acetylcholine secretion is decreased) because you are then trying too hard to recall it.

How to Develop Amazing Short-Term Retention Memory

To develop peerless short-term retention memory, then, you have to memorize the material enjoyably. Your parasympathetics will consequently increase your memory of it at first, and you will remember it best during the first three days.

Should you happen NOT to learn it well enough, though, change and concentrate on it *hard and intently*. Your sympathetics will *then* increase your memory of it at first, say the first three days. You may also concentrate on it hard and intently, then relax immediately by thinking of something else entirely, and then concentrate on it hard and intently again, repeating that procedure several times.

How to Develop Long-Term Retention Memory

When your mind remembers the material well, your parasympathetics (feel exuberant) will recall it fastest for you during an intermediate time, say between ten to fourteen days after you memorize it.

When your mind remembers the material well, however, your sympathetics (concentrate hard and intently) will recall it fastest for you after a long period of time, say after twenty to twenty-eight days after you memorize it.

When you have learned a routine well, though, through repeated performance of the same task, your parasympathetics (feel exuberant) will recall it to you the fastest after a long time.

Pursue the foregoing rules whenever you memorize and want to recall anything. And when you memorize it, immediately "suck in" your mind-navel ether and draw in your astral body flow up your Psychastral Route, to the section of your conscious and subconscious minds on your temporal lobes (your main memory centers, located on the sides of your brain.) Your brain will then secrete the appropriate unknown chemical substance (x) with which to raise your memory power to its peak.

How to Recall the Meanings of Words Instantly with the Mnemonic Meanings of Words, Objects, Actions and Qualities

Recall instantly the meaning of any word by creating an easily grasped, suggestive meaning for it. You could do it with semantics by brutally memorizing all the synonyms and antonymns and applying them on every word you come across. Otherwise you would have to memorize the meanings of hundreds of thousands of words outright from the dictionary, and that is a heartbreaking task. But there is an easy way to recall instantly the meaning of any word. That easy way is the *mnemonic* way. Just pick out some swiftly grasped suggestive meaning from that word which readily suggests itself whenever you think of that word or see it on a page, and let it suggest the exact meaning of the word to you.

Here is a list of words which you encounter regularly, whose meanings you usually wish to know at once, but whose exact meanings you seldom remember. See how their mnenomic meanings bring their exact meanings immediately to your mind? The same can be done with *any other word.*

short selling *selling to get* (stock) *smaller*	prognathous *projecting* (jaws)	mendicant *mending clothes* (beggar)	empathy *enter* (into another personality)
pathology *pain* (disease)	roentgenology *ray* (science of X-ray)	cosine *cousin* (cousin of a sine. Trig.)	quasi *qualifying*
628–7359 *sex-to-hate* *at seventy-three* *or fifty-nine*		465–9216 *four sees five* *at ninety-two-or* *at sixteen*	
sardonic *sarcastic*	atavistic *attack* (reversion to a primitive type	decolletage *decorate* (dress style)	diverticulum *divert* (a diversion within the body)

diurnal	racemose	anthracene
nocturnal	*racing*	*gasoline*
(which is its opposite)	(into clusters, as of grapes)	(a hydrocarbon)

Then "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route to the sections of your conscious and subconscious minds in your temporal lobes (the sides of your brain—see Illus. 1, Chap. 2) and let your brain secrete the appropriate chemical substance (x) to incorporate the mnenomic meaning into it. Then let your altered astral body flow rush back down your Psychastral Route. Accelerate its leap across your Nerve Gaps with a power-packet blast (feel exuberant) and project it back into your astral body. Affix it into *its* astral temporal lobe, where it will be stored, ready for instant recall by you.

The Secret of Phenomenal Psychic Master Memory

There is a marked interest in finding drugs that can improve memory (retention memory, that is). Strychnine was the first drug which reported facilitation of maze learning in the laboratory animal. It did so by stimulating the sympathetics. Later, picrotoxin and pentylenetetrazol were found also to facilitate maze learning, but in different ways. Pentylenetetrazol, for instance, does it by exciting the nervous system by *decreasing its recovery time after* it has transmitted a stimulation. Small doses of it speed up the transmission of the message across the nerve body and its Nerve Gaps, as well as cause unknown effects on specific regions of the brain. Magnesium pemoline, on the other hand, has increased the evidence that memory and learning may be linked to ribonucleic acid (RNA) in brain cells. Experiments conducted by researchers showed that rats fed with it learned four or five times faster and retained learning longer than normal rats or those given an amphetamine stimulant. Twenty-four patients, ages forty-nine to eighty-five, with diseases involving memory impairment, were fed the drug. The improvement ranged from "slight" to "considerable."

Doctors aren't sure how RNA (ribonucleic acid) improves memory, but many believe that its molecules carry thoughts in coded form, just as DNA carries genetic information. According to that theory, when you harbor a particular thought or live through an event, it is coded upon an RNA molecule, or upon a protein molecule created by RNA. It is then stored in one of the billion of nerve cells of your brain. It remains there, ready to be called upon and used by you, much like the workings of a computer. Whether it is safe or not to take such a drug regularly, is not the point, but the results show that memory *can* be improved four to five times by directly affecting the chemistry of certain molecules of the brain. *That is precisely what the psychic master achieves with miracle memory power.* With it he affects the chemistry of certain molecules of his brain in a constructive manner.

How the Psychic Master Acquires His Phenomenal Memory

How does the psychic master achieve physiologically the same chemical results as RNA on his nervous system and brain, with secret ESP+ Control? This is how. First of all, ribonucleic acid (RNA) is present in yeast and contains the sugar d-ribose. (Originally, it was called yeast nucleic acid.) But it also occurs in plants and *tissues* and is present in the cell cytoplasm (the body of the tissue cell), as well as in its nucleolus. Now,

Ribonucleic acid (RNA) is composed of:

phosphoric acid d-ribose	a pentose
adenine guanine	purines
cytosine uracil	pyrimidines

The d-ribose is a pentose (a sugar with five carbons in its molecule) which arises in the body from hexoses (sugars with six carbons in their molecules). And the enzyme which catalyzes

that reaction (or which makes it possible) occurs not only in yeast, but in *liver and bone marrow.* That's why in order to possess a fantastic memory the psychic master eats very little fat, so that his liver will not be overused and can therefore synthesize an abnormal quantity of this enzyme in an instant and thereby produce (with secret ESP+ Control) a superhuman amount of pentose to feed his temporal lobes, since carbohydrate (sugar) seems to be the sole source of brain energy.

Next, instead of memorizing a conglomeration of irrelevancies, the psychic master concentrates on one word, sentence or paragraph and lets his mind fan out into the extensions of it. Instead of scanning through a voluminous amount of material, he reads *very little* of it, but selects mainly the *beginning and the end of it.* But he reads them carefully and digests them thoroughly, squeezing information out of them which the scanner hardly dreams exists in them. He masters the art of *penetrating reading* with *infinitesimal revelation,* rather than engage in *lightning reading with superficial condensation.* He accomplishes more with one move or word, as a consequence, than the Westerner with countless moves or words. Then he "sucks in" his mind-navel ether and draws in his astral body flow, up his Psychastral Route to his memory mind (his temporal lobes) to fill it with the information. Then he blasts it back to his astral body and stores it in his astral temporal lobes. Practice doing it yourself and acquire a phenomenal memory. (Remember to consult Illus. 1, Chap. 2.)

The Importance of the Flexible (Creative) Memory Mind

In order to originate, invent or create something new, a flexible (creative) memory is absolutely essential. The *retentive* memory is the enemy of such a mind, and it is tragic that so much emphasis is laid upon that type of memory for learning, rather than upon the creative memory. But all leadership, top executive posts, inventive research, astounding business success, including commercial and renowned art, depend upon a flexible (creative) mind. Even the new breed of college presidents (as many as 35 to 40 per cent, according to the Wall Street Journal) no longer possess a doctorate. Colleges now seek active men with a head for

business and with interests that reach far beyond that of the retentive memory bookworm. In business, John Diebold at thirty-eight has been a millionaire for years. He practically invented the computer age and coined the word "automation." Yet he admits reportedly that he scarcely knows how many degrees his men have. The ability to "change" is the important phrase with him. Not only to change in how you do things, but to change in what you do. To change in your goals, in other words, as well as in ways to attain them. So, to attain fantastic success in business, beware of developing a fact-cramped mind. It will help you there no more than a muscle-bound body will help you in skill or efficiency requiring expert use of your muscles. You cannot compete against a computer, and the rapid expansion and use of computers leaves less and less need for a rote memory. At the same time it is resulting in a greater and greater need for flexible (creative) memories, since the computer is as good as the mind that feeds it new information. An inflexible (photographic) memory builds a memory-bound mind—a mind that cannot create or invent or think independently or solve new, complex problems by itself. It leans completely on memory of the *already known* and will not reject these facts and seek and discover *new rules and methods and conclusions.*

An Important Difference in Uses of Memory

You *do* need a retentive memory to pass examinations and other qualifying tests. But *on the job* which pays you, you need a flexible (creative) memory if you expect to reach the heights.

How to Convert a Routine Memory into a Flexible (Creative) Memory and Exploit Your Originality to the Full

Heed the following seven rules and develop a flexible (creative) memory and assume the leadership position in life that will undoubtedly come to you.

Rule 1. Stay on top of the relevant information, as John Diebold advises, and use it properly. "Taste" everything you

see, even what seems to have nothing to do with your own plans or occupation. Even glance at the women's magazines, as Mr. Automation (John Diebold does), if you are a man, for you never know when you'll spot something relevant.

Rule 2. *Refuse* to let your mind memorize any more. Let it stay as fresh as a baby's, so that everything that comes to its attention, strikes it as novel and delightful.

Rule 3. Don't be carried off your feet, however, by opinions and conclusions of others. Always *read between the lines.*

Rule 4. Cast off prejudices or long-held beliefs which are founded upon snap decisions made during less mature periods of your life. Re-examine the same question now with altogether new eyes, as if you have never examined it before.

Rule 5. Investigate everything that interests you, down to the utmost detail. Even look up *every word* relating to it whose exact meaning is the least bit vague to you.

Rule 6. Seek for originality NOT in the main theme, overall subject matter or main body of anything, but in the universally overlooked, seemingly insignificant detail—"in the footnotes," so to speak. *There* lies its new growth potential, or its carefully concealed weakness, which can show the new direction for developing it yourself, or can prepare you for the new direction in which someone else *will* develop it.

Rule 7. DON'T listen disdainfully to the impressions, conclusions or suggestions of associates many years your junior, as if they know far less than you do. Listen *vigilantly* to them instead, for theirs is a *fresh impression seen from the angle of a new era*—and it might contain the gist of the very new approach you need!

By intently, consistently applying these seven rules your memory will turn flexible, and you will zoom to the top of your field by seizing the big opportunities long before your rivals are even aware of them. *That* is how to convert a rote memory into a flexible (creative) memory and exploit your originality to the full.

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key to secret ESP+ Control over their miracle memory power. With that touch of PSYCHASTRA they have performed

miraculous feats of any type of memory instantly which have brought them college degrees or positions socially or in business which they would never have achieved otherwise. Below are typical examples. The names of the individuals and the places have been changed.

How Book-Hating Ken Atkins Turned into a Mental Giant Instantly, and with a Stunning Vocabulary

Twenty-year-old Ken Atkins was what is commonly called a "goof-off." He showed little interest in reading or studying, and in college he penned jokes about the instructors or the subject during class and slipped them around to his classmates. He wore his jokes out to shreds and had no interest in politics, culture, the arts or serious music. He just lived off the allowance which his hard-working parents sent him for going through college, worked in the summer to make more "spending money," and was "steamed up" only by the sight of pretty girls.

Hal Cowan was an antisocial classmate bookworm who tolerated Ken because he himself had no other "pal." One Sunday he and Ken escorted two coeds to the Art Institute. Ken had never been to a sculpture exhibit before and, at the sight of Apollo's nakedness he burst into laughter and pointed out its "ludicrousness." The icy stares he drew from his companions crushed him like an ant under a man's heel. As the group drifted on, Ken was dazzled by the vast information Hal disseminated about art and culture, by his unforgettable choice of words, by his fascinating answers and explanations to questions which the two admiring girls asked him—all combined with a quiet poise and sophistication. Ken felt like a dirty, lecherous nobody suddenly finding himself in a parlor full of Nobel Prize winners. He wished he could run away and hide.

But he could not. He had to stay right there and endure the full humiliation until the very end.

Ken grieved over his plight for days, for he was by no means stupid. *How* could he quickly acquire what he should have been acquiring all along? Must he pass his whole life culturally and intellectually crippled, just because he had been a "goof-off" all through school?

He lay in bed wondering what to do about it. If he could only soak in all the knowledge Hal had, without waiting to relive his "wasted" cultural years! Why couldn't he just assume that he *possessed* all that knowledge and culture and just go ahead and use it? . . . Yes! And, *why not?*

The extreme confidence in himself that he *could* change himself overnight into the person he *should be* by merely accepting the fact that he *was* that person, *opened Ken's silver-cord valve to his astral body flow*, which *did* possess all that knowledge and culture and vocabulary that he *should* have possessed by then. *And suddenly, he possessed it.* All at once he was thinking with words he had never thought with before, and contemplating about subjects which he had totally ignored before. He was so excited by the change that he rushed off a letter to the young lady he had escorted to the Art Institute and astonished himself with the fascination of his word selection and sophisticated wit. Although unacquainted with the background of the cultural works he had observed that day, his comments about them were now startling and original and most entertaining. When he conversed with Hal next day, Hal repeatedly stared at him askance and finally blurted, "What a changed person you suddenly are! Like night and day! Why were you hiding under a bushel?"

The girl Ken had written to, could not believe it was his letter and thought it was a trick of Hal's. When she showed it to Hal he shook his head and exclaimed about the perfect choice of words, the sophisticated wit, the deep insight into culture—

Kenneth *himself* could not believe it. But it was *true*. He had achieved instantly what would have required tiresome periods of study.

Radford Murphy Got Started at Thirty and Made Millions by Forty

At twenty, Radford Murphy had completed two years of dentistry but had stopped school because he craved to write. Until thirty he wrote but was rewarded only with rejection slips. His wife had inherited a small income and they had existed on that, but Radford resented bitterly not being published. He had

fallen in love with a certain period of American history and invented imaginary characters for it and wrote books romanticizing it with high adventure. But the publishers considered them pulpy and unrealistic and lacking in distinguished prose, memorable characters, important themes or historical accuracy. But Radford felt sure that the public would escape into it just as he himself did in his imagination, losing itself in the world he had created out of that mass of bare, dry facts which lay buried in his subconscious mind and which he checked up on but altered somewhat whenever this bettered his plots.

In despair, Radford and his wife saved from her limited income and bravely printed 1,000 copies of one of his manuscripts and put them up for sale in railroad stations. Their shelves emptied quickly, and the readers came back begging for more. Radford and his wife courageously ordered bigger printings, and those sold fast too. Before long, they printed a second manuscript of his, and the feverish readers snapped it up just as quickly. In less than a year Radford's books came to the attention of a major New York book publisher, and he made Radford an offer to publish them and give them wide distribution.

The reviewers called Radford's books "pulp" and "trash" and expressed astonishment that any respectable publisher would demean himself by promoting such material. But Radford's books were successful at once with the general public.

In the succeeding years Radford was the rage of "escape" fiction and produced an average of four books a year, and each one was a best seller. One after another was filmed, and he was paid handsomely for the screen rights. Scripts based on them were dramatized weekly on radio, and later on TV, with the program simply being called RADFORD MURPHY. Ghost writers were used to fill the insatiable demand. Scores of authors soon imitated him and also made fortunes on that type of material. Radford even imitated himself by producing more such books a year under a pseudonym.

For nearly forty years until his death, he averaged an income of $500,000 a year. He owned several big vacation homes in different retirement paradises, both on the American mainland and in foreign lands; lived and wrote most of the time on his immense, palatial yacht; he caught giant fish and enjoyed himself to his

heart's content in the pursuits he liked. Books are being produced after his death, penned by ghost writers and published under his unforgettable name. So is that TV program. Although he is gone more than twenty years, his heirs are not only multimillionaires, but are also getting richer all the time. All because Radford Murphy had used his creative memory rather than his retention memory.

SUMMARY OF THIS SECRET POWER

Secret ESP+ Control over your memory power is the most effective power for performing unbelievable feats of any type of memory instantly. In order to master it most easily, pursue the following simple steps:

Step 1. Use your sympathetic or parasympathetic nervous systems to control your recent and distant memories. Your parasympathetic (feel exuberant) is best for short-term memory; while your sympathetic (concentrate hard and intently) is best for long-term memory.

Step 2. Multiply your memory for meanings of words instantly with mnemonic meanings of words, objects, actions and qualities. For example, for short selling, think *selling to get smaller* (that is, in price).

Step 3. Acquire a phenomenal psychic power memory by reading *penetratingly* the *beginning and the end* of any article, thesis or report and letting your mind fan out into it.

Step 4. Convert a rote or routine memory mind into a flexible (creative) memory mind and exploit your originality to the full by *refusing* to let it memorize retentively any more, but to remain as fresh as a baby's mind and to observe everything it comes across, from a novel point of view, as if for the first time (or with the eyes of genius).

Step 5. "Suck in" your mind-navel ether after using any of Steps 1 to 4, and draw in your astral body flow up your Psychastral Route and fill your temporal lobes (the sides of your brain) with it. Then project it back to your astral body with the Multidiv (expect to remember the very best you can conceive of, and in the quickest possible time you can think

of) and store the memory of whatever you have just acquired in your astral body's temporal lobes.

You will have acquired one of the most useful and profitable miracle powers for attaining the greatest success in anything you undertake.

7

Wisdom Power

The Stupendous Achievements Possible from Locking Control over Your Wisdom Power

With wisdom power you can apply the keenest, most objective judgment in every step you take in life; figure out most effectively the most difficult problems that beset you; make the wisest decisions in any field of endeavor, be it romantic, social or occupational; and arouse the deepest respect for yourself in everybody you meet.

With such a power, men have amassed fortunes which stagger the world, for they seldom make important mistakes—and therefore seldom have to retrace significant lost ground. They just keep gaining with every move they make. They also discern the opportunities of a lifetime lying around them and ahead of them, no matter how well-concealed or downgraded these may be. And once their minds are made up, they let no passing wind change them, but carry their plans through because they have studied all the foreseeable eventualities beforehand and are prepared to meet them. Consequently, they are never caught by surprise, come what may, and are ready to rectify anything that goes amiss and still proceed with their basic plans. Their every move is free of emotion. They are keen in judging others and refuse to be "bullied" by them; and so they pick their partners or associates wisely and gainfully, marry satisfactorily and put little faith in the wrong people.

Instead of vaingloriously showing themselves off before others, they remain in the background and commercialize off the exhibi-

tionism of others. They end up "owning everything," with "nobody" suspecting how they did it. Even their children obey them implicitly and that is a crowning achievement nowadays. Their success in life is not only thorough, but also the quietest. Master this miracle power and you will attain your every success *with the least waste of effort.*

The Location of the Knowledge-Gathering Centers of Your Brain

To acquire miracle wisdom power you have to know where and what type of knowledge is gathered there in your brain. Your brain gathers knowledge for you at different centers in it, and it gathers it by means of different sense channels. It may gather it through your sense channels of sight, hearing, smell, touch, etc., or through combinations of these, and it will record it in their different centers. You have to know what these channels and centers are before you can use them miraculously.

The cortex of your brain (the outer gray covering of it, which constitutes your conscious and subconscious minds, and of your psychic power center in your forehead and temples area) contains all the knowledge-gathering centers of your brain. Each knowledge-gathering center differs from the other in the predominance of different types of cells in it. The human cortex itself, indeed, differs from that of lower forms of life. The branches of the knowledge-bringing (message-bringing) nerves that terminate in it, for one thing, unite within it with *still other* nerves.

The knowledge-bringing nerves themselves, too, are larger, longer and more heavily myelinated (covered with insulation) than those of lower forms of life; therefore they carry their messages to the brain faster, for the thicker the nerve, the faster it transmits stimulation. All the knowledge-gathering centers of your brain, though, are composed of the same types of cells. They are composed of large pyramidal cells, granule cells, polymorphous cells and other types. These different types of cells possess different functions. Each knowledge-gathering center, however, possesses these cells in different proportions, and that's why each

center responds differently to knowledge gathered. Each one, to be specific, gathers its own different and specialized form of knowledge and brings you a different type of wisdom.

The knowledge-gathering centers of your brain are shown in Illustration 4, and can be described as follows:

(1) *Your olfactory area* (your area of smell). Its polymorphous cell layer is very distinct. The polymorphous cell layer responds to lower cortical (conscious) functions, such as securing food or satisfying your sexual instinct.

(2) *Your motor area* (your muscle-commanding area). It has a predominance of large pyramidal cells (the cells of Betz), and these carry the commands to your skeletal (voluntary) muscles.

(3) *Your visual area* (your area of sight). It has a deficiency of large pyramidal cells (muscle-commanding cells). But it has an abundance of polymorphous cells (cells of lower conscious functions such as securing food or satisfying sexual instinct), and of granule cells (sensation-receiving cells of sight).

(4) *Your post-central area.* It has a predominance of granule cells (sensation-receiving cells of touch, and sensations of every organ of the body, without the aid of sight).

(5) Your auditory area (*your area of hearing*). It has an absence of large pyramidal cells (muscle-commanding cells). But it has an abundance of polymorphous cells (cells of lower conscious functions such as securing food or satisfying sexual instinct).

(6) *Your parietal area* (your area of perceiving the size, shape, weight, texture, etc., of external objects, as well as of the position of your limbs in space). Located as it is between your visual, auditory and touch centers, it is advantageously situated to correlate and blend the information these acquire and provide you with *accurate knowledge* of objects and their significance. Consequently, it has an absence of large pyramidal cells (muscle-commanding cells). But it has a heavy concentration of polymorphous cells (cells of your lower conscious functions such as securing food and satisfying sexual instinct).

(7) *Your frontal area* (which includes your pre-frontal area, your psychic power center). It has a greatly reduced number of pyramidal cells (muscle-commanding cells); a greatly reduced

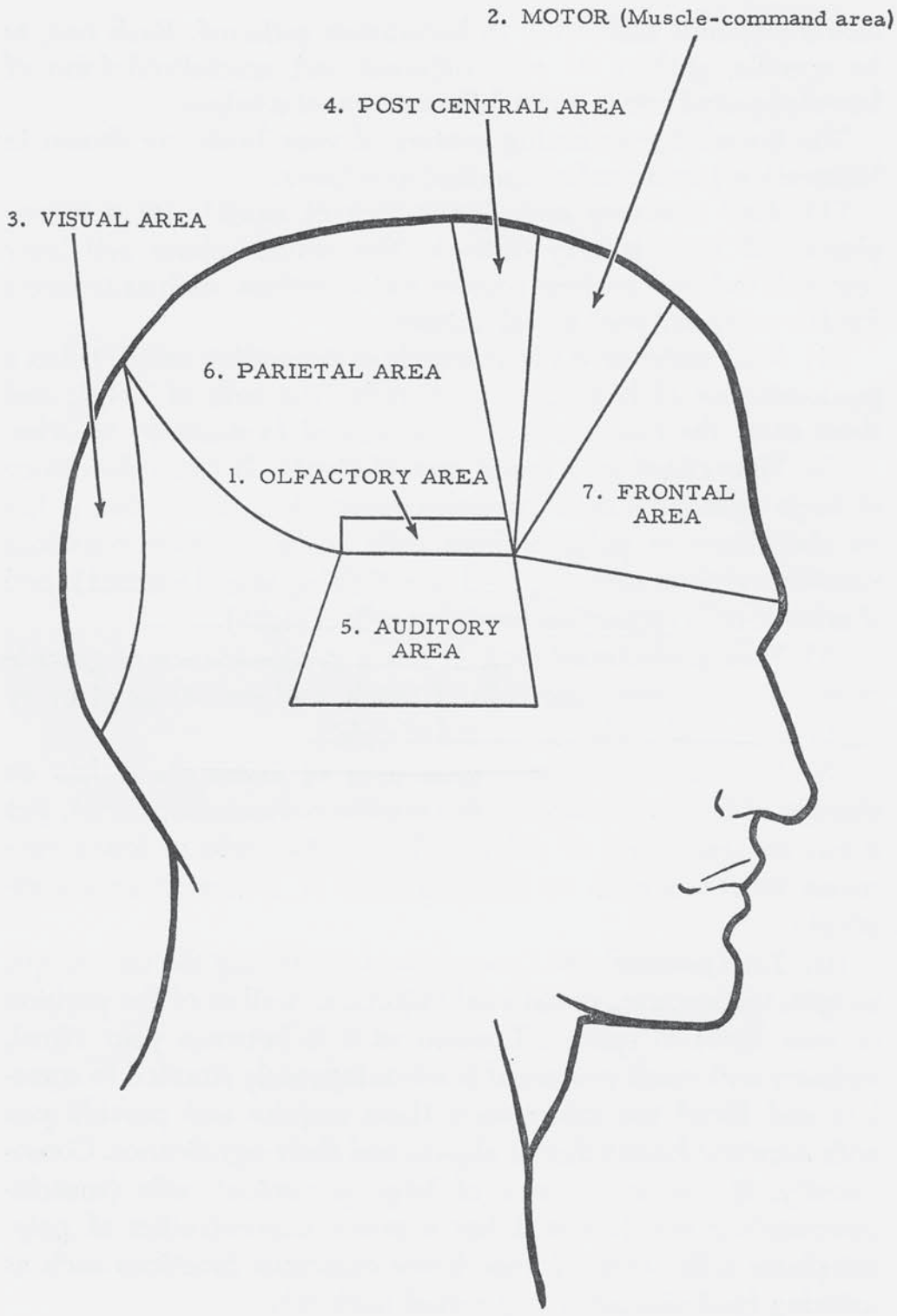


Illustration 4.

KNOWLEDGE-GATHERING CENTERS OF YOUR BRAIN

number of polymorphous cells (cells of your lower conscious functions such as securing food and satisfying sexual instinct); and a greatly reduced number of intracortical cells (cells which link one nerve with another within your mind). But it has an overwhelming number of granule cells (message-receiving cells). It is therefore practically *exclusively* capable of *receiving* impressions.

These, then, are the centers through which you physical body gathers knowledge, as well as the muscular centers through which the body puts knowledge into active muscular execution. Each center is histologically specialized (related by cell structure) to bring certain impressions *and no others* to your conscious and subconscious minds and your psychic power center. These centers then interpret and compound these impressions with others and either *do* or *do not* respond to them mentally, physically or physiologically, or in a combination of these. That is how these centers bring you the knowledge of your internal self and of the external world, which your conscious (and subconscious) mind interprets and translates into wisdom.

How to Draw Your Astralized Knowledge into Yourself

All your life your astral body remains connected to you and gathers knowledge from the astral world, *nearly all of which it keeps from you, unless you know how to draw it into you,* as you do with PSYCHASTRA. It also astrally milks steadily out of you, through your silver-cord valve, knowledge which you yourself gather from the world. It retains permanently the knowledge it gathers from the astral world because, although some types of energy, like ESP and ectoplasm, are not yet fully understood, *everything* in the universe consists of some type of energy. And since energy is never destroyed, *the knowledge your astral body gathers from the astral world is never destroyed.* Such knowledge is therefore always stored in your astral body, ready for you to contact it through the silver-cord valve and draw into you. You just have to produce that same different type of energy yourself first, and send it to your astral body. You do it with your psychic power center with the following steps:

(1) Either to create or contact this new form of energy, you have to concentrate with psychic master depth. That requires an overwhelming use of your sympathetics. But your psychic power center does not produce sympathin or norepinephrine to enable you to stimulate your sympathetics or your adrenergic substances in order to bring about psychic master concentration.

(2) But the brain of mammals *does* produce monoamines—5-hydroxytryptamine (5-HT), norepinephrine (NE), and epinephrine—and these facilitate extraordinarily the transmission of nerve stimulation across the Nerve Gaps of their sympathetics.

(3) Your least amount of monoamine activity, though, occurs in your frontal cortex (which includes your psychic power center.) Your psychic power center by itself, then, cannot contact this new form of energy for you, except when it does so accidentally, as it does during your spontaneous psychic experiences. It so happens, though, that your *greatest* quantity of monoamine is found in your *hypothalamus* gland—and your hypothalamus is a part of your Primitive Autoconscious (explained in detail in my book, *Cyclomancy: The Secret of Psychic Power Control,* Parker Publishing Company) and your hypothalamus is directly under the control of your psychic power center!

(4) So, you send a psychic power command thought (a thought from your *forehead*) *to* your hypothalamus (at the base of your brain) commanding it to flash or project a command into your astral body, demanding the knowledge or wisdom you seek from it.

(5) Your brain at once secretes the right chemical substance (in this case, serotonin, which is thirty times more potent than adrenalin) with which to reinforce your hypothalamus when it projects the command into your astral body most forcefully.

(6) Then you rush the command from your hypothalamus down your spine, out through your Psychastral Route and your mind-navel, into your astral body and up into its astral brain.

(7) With the Multidiv, expect the greatest success you wish in contacting your astral body's brain, and in the quickest time you wish it to happen.

(8) Then draw your command back into you with PSYCHASTRA, right up into your psychic power center, and then into your conscious mind.

(9) Like a bolt out of the blue, the knowledge you seek will flash through your conscious mind.

Practice and master this unbeatable skill that lies within you.

How to Use Your Secret Mind Key to Unlock Your Maximum Mental, Intellectual and Psychic Capacities

Your cerebral cortex (the outer gray covering of your brain which houses your conscious and subconscious minds and your psychic power center) is the seat of your highest intellectual attributes. It is the seat of your abstract thought, speech, mathematical calculation, imagination, creative ability and all the other higher mental capacities which distinguish man from lower animals.

However, as some scientific men have pointed out, without the constant selecting and triggering (the activating influence) of the reticular network of the higher brain stem, the cerebral cortex (your conscious and subconscious minds) lies *dormant* and slumbering. Your reticular activating system, in other words, is what awakens your hidden mental, intellectual and psychic powers to their full physiological capacities, since without it they would lie *dormant!* By using the miracle of your reticular activating system you can consequently unleash your greatest brain capacities. Your reticular activating system is therefore THE SECRET MIND KEY. Without it the true capacities of your mind lie *dormant,* no matter how profoundly you concentrate or reflect.

Learn how to use it in a miracle power manner and accomplish miracles with your ESP+ Controlled reticular activating system—the system which is essential for keeping you alert and awake. When this system is stimulated in the sleeping animal (which can be effected by stimulating any of its peripheral nerves, or nerves lying outside its brain or spinal cord), the animal is aroused with a change of electric discharge in its cerebral cortex (its conscious and subconscious minds) which equals that of when it is rudely awakened from a deep sleep. Your reticular activating system can also be stimulated by commands *from* your brain itself, particularly from commands from the local

brain centers which control your eye muscles, your sense of smell, and your skeletal muscles and your eye fields. Your reticular activating system, to put it simply, will unlock your maximum mental, intellectual and psychic power capacities because it is most essential for arousing your mind from sleep, for maintaining your alert wakefulness, for focusing your attention and for perpetual association on any subject, and for directing introspection. Anesthesia and comatose states impair it because hypnotic drugs block the transmission of stimulations (impulses) through it. To become your "brightest" you have to become your "most alert and most awake," and you cannot achieve that mental state without stimulating your reticular activating system to its utmost. Your means for doing that is the Astralized Finger-Press.

How to Stimulate Your Reticular Activating System (The Secret Mind Key) to Its Maximum with the Astralized Finger-Press

As you were informed, you can stimulate your reticular activating system through any of your peripheral nerves (nerves lying outside your brain or spinal cord). So, that is how to stimulate it.

Sit quietly in a chair. Hold your hands before your chest and press your fingertips tightly together: that is, press the fingertips of your left hand tightly against those of your right. That stimulates your reticular activating system with pressure sensations from your body muscles. At the same time "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route, to your reticular activating system, which is located in the central part of your brain, a little in front of the level of your ear. Affix your astral body flow in it. After four seconds, starting counting from the beginning of the exercise, relax your fingertips altogether. Your reticular activating system will be stimulated fully now, and it will alert your cerebral cortex (your conscious and subconscious minds and your psychic power center) to its peak, so that you can think with the utmost clarity and exactitude of which you are physically capable. Use this subtle exercise any time, anywhere, whenever you have to apply your mental capacities with the keenest precision, particularly

during competitive life. Use it, too, whenever you feel tired and sleepy when taking an examination or are participating in any other demanding mental effort. You will astonish the opposition with the clarity of your thinking and the wisdom of your decisions.

How Your Astralized Thinking Brain Causes a Shrewd, Tricky Person to Act Stupidly and Defeat Himself Against You

Once your cerebral cortex (your conscious and subconscious minds and your psychic power center) is alerted to its keenest with your reticular activating system, you automatically alter your character. You no longer speak or act too soon with the person who is trying to trick you or undermine you. You look him squarely in the eye instead, with a relaxed but attentive expression. You weigh carefully everything he says and rapidly put yourself in *his* position. Being super-alert to him now, you seize and analyze microscopically the least thing he says but does not mean. As a result, you detect his truth from falsehood *at once.* You automatically start listening to him still more and talking to him still less, thereby trapping him into exposing his true self to the hilt. Suddenly, he grows aware of what a fool he is making of himself and will falter and repeat himself and expose himself more and more still, until you have to change the subject to spare him from further humiliation. Your astralized thinking brain will have thoroughly exposed—and crushed him.

How to Acquire a Master Mind with the Secret Law of Practical Supposition

There is a way to achieve *anything whatever* that can be imagined by the mind, no matter how fantastic it might seem! The way lies in applying the closely guarded psychic master's miracle-making secret, *the law of practical supposition.*

It is revealed here at last. Take, for example, 2 plus 2. It can never equal 4, the psychic masters prove. 2 plus 2 can only equal 2. Why? Because, for them to equal 4, each 2 has to be exactly

equal in mass to the other, molecule per molecule; and, for all practical purposes, that is an impossibility. Both 2's, besides, have to possess exactly the same shape, texture, temperature, occupy exactly the same position in space and be created at exactly the same time. No two *different* 2's can fulfill all those requirements. Only *one* 2 can fill them. 2 plus 2, then, can equal only *one* of those 2's—or 2 plus 0.

The most liberal addition you can expect from 2 plus 2, is plus or minus 4. That is so because you *can* expect *two different* 2's to be approximate enough to each other in mass, shape, texture, temperature, position occupied in space and in time of creation to be accepted as being *equal enough* to each other to be considered a replica of each. When you proceed then and add them together, the result is plus or minus 4 (or a number greater or less than 4.) But it *cannot amount* to exactly 4, because *no two numbers* can equal each other exactly. Indeed, with 2 plus 2, for example, each 2 would even have to harbor exactly the same power-packet of energy, emit exactly the same light quanta, possess exactly the same gravitational pull or attraction to another object, exactly the same electric and magnetic forces, exactly the same past history, and everything else exactly alike.

For all practical purposes, though, we are compelled to *suppose* that two numbers *can* equal each other in all respects. Even in physics and chemistry, for instance, man has supposed for centuries that every form of matter consists of atoms and molecules: not because he had seen or discovered atoms or molecules, but because they appeared to be the most logical descriptions of the units of all matter. On that supposition man has been able to advance these sciences to the stage where they are today. He has been able to do likewise with the numerical science by supposing that two certain numbers can exactly equal each other.

That is how you acquire a master mind with the secret law of practical supposition. You cannot wait until everything is demonstrated or proved to the world before you put it to advantageous use. You have to *assume* that certain possibilities are true enough, even if they seem fantastic, and put them to advantageous use. *Then* you will leap ahead of everybody else, with a master mind. So, follow the four rules for acquiring a master mind for anything you undertake, with the secret law of practical supposition.

Rule 1. Pick out your main goal in whatever you undertake.

Rule 2. No matter how impossible it seems to reach it, assume that you CAN reach it.

Rule 3. Plan thoroughly what seems to you like the most practical way to reach it. Add ESP+ Control to it to help you.

Rule 4. Then proceed with your plan.

You will be astonished at the results.

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key to secret ESP+ Control over their miracle wisdom power. With that touch of PSYCHASTRA they have attained goals in life which utterly confound others, and with comparatively little effort. Following are typical examples. The names of the individuals and the places have been changed.

How an Immigrant Laborer Married and Led Himself and His Wife's Downtrodden Relatives up the Business Ladder

Guiseppi D'Annello was an immigrant bricklayer in an American metropolis. He married an American woman, Louise, and had two children. But Guiseppi was not satisfied with laying bricks, for he considered it hard labor and it hurt his back. He was particularly dissatisfied, besides, with his wife's army of relatives, which seemed satisfied or resigned to hard labor. The depression years came, and one after another member of Louise's big family was laid off. Even Guiseppi himself did not find work regularly. With a family of four to support, he grew increasingly alarmed.

One night, after four such tense and miserable years, something flashed into his mind as if from another world, and he was suddenly aware of the extreme popularity of *candy*. Everybody, it seemed, had a sweet tooth! Even people who could hardly buy food bought candy!

In no time Guiseppi was in the wholesale candy business, with two of Louise's brothers to help him get business, since they were practically on relief, anyway. Even though store after store kept

closing down, Guiseppi still thrived because so many that survived sold candy. Since he lived in a big city, his brothers-in-law had a vast territory to exploit.

It wasn't too long before he was worth $150,000, and he and all his brothers-in-law owned their own homes, were sending their children to private schools and planning professional careers for them. By the middle 1950's Giuseppi had over $350,000 and was considering moving to Arizona and buying up large tracts of undeveloped land, for he envisioned an imminent land boom for the Southwest. He was on the verge of becoming a millionaire fast. His formula for success, he always insisted, was to lie in bed at night thinking and thinking, but feeling confident that he was destined to do "something big." Then suddenly, as if from another world, the exact road to follow flashed into his mind. *That "another world" was undoubtedly his astral body communicating to him.* And he used the knowledge *creatively.*

How Ellsworth Keene Started with Less than a Grammar School Education and Little Money But Accumulated a Fortune

Twenty-two year old Ellsworth Keene belonged to a family of brothers in the Virgin Islands. They barely existed off the proceeds of the piddling clothing store they ran in St. Croix. Following his father's demise, Ellsworth, with his wife and two children, immigrated to an undeveloped Latin American republic because the American government had commenced a gigantic project there. In that poverty-stricken country where laborers were paid $1 a day *when* they found work, Ellsworth saw little hope of opening a successful store. But he remembered his father's advice: "Opportunity is always around. It knocks on every door, but very few open to it. But after you open the door, study how to make the *most* of the opportunity, and then go right ahead and do so."

So, with cold objectivity Ellsworth studied the prospects of that little country. With American expansion ahead, the natives would earn more and live better—and *buy* goods. One of his brothers had immigrated to New York, and through him Ellsworth ordered small quantities of carefully selected merchandise

and placed them in different stores. The natives were excited by his selections and emptied the shelves fast. Ellsworth reaped a nice profit on the deal and doubled the order next time, but added variety to it to satisfy different tastes. In two years he had increased the size of his original order by fifty times and was supplying merchandise steadily to store after store. He was also investing more and more of his profits in city land and building rental housing.

In a few years Ellsworth was worth three million dollars, and not too much later he was worth ten million dollars, and owned many apartment houses. Other land which he had bought for a song outside the city limits twenty years before, too, had multiplied in value as much as twenty times. Villages and towns all over the small country were mushrooming fast, too, and Ellsworth invested heavily in sound but depressed cyclical stocks. When they rebounded from three to ten times above their lows, his fortune multiplied still more.

With the law of practical supposition the nearly penniless Ellsworth Keene had concluded that there was a need for merchandise and retail housing wherever there was a growing population with money being invested in the country. What guided him in his shrewd selection of financial successes? Nothing more than ESP+ Control, which you now know as PSYCHASTRA.

SUMMARY OF THIS SECRET POWER

Secret ESP+ Control over your wisdom power is the most effective power for making the wisest decisions in any field of endeavor, social, romantic, or occupational; for arousing the deep respect of others, and for amassing a fortune that would stagger the world. In order to master it most easily, pursue the following simple steps:

Step 1. Draw your astralized knowledge into you with secret ESP+ Control. Send a psychic power command thought (a thought *from* your forehead) to your hypothalamus (at the base of your brain) commanding it to flash a command into your astral body demanding from it the knowledge or wisdom you seek.

Step 2. With the Multidiv, expect the most thorough knowledge or deepest wisdom possible, in the shortest time you wish to get it.

Step 3. With PSYCHASTRA "suck in" your mind-navel ether and draw into yourself your astral body flow bringing that knowledge or wisdom into you, and rush it up the Psychastral Route to your conscious mind.

Step 4. Immediately, with the Astralized Finger Press, stimulate your reticular activating system and alert your brain to its maximum, so that it can exploit this astralized knowledge to the full.

Step 5. If you are dealing with a shrewd, tricky person, your astralized thinking brain will cause him to act stupidly and defeat himself with you.

Step 6. If you are trying to reach a seemingly impossible goal, reach it by acquiring a master mind with the law of practical supposition.

You will have acquired an incomparable miracle power for applying the keenest, most objective judgment in every step you take in life; for figuring out most effectively the most difficult problems which beset you; for making the wisest decisions in any field of endeavor; and for amassing a limitless fortune.

8

Health and Healing Power

Achievements Resulting from Locking ESP+ Control in Yourself over Health and Healing Power

With health and healing power, you can work "miracles" with the human body that baffle the most advanced scientific minds. With it, mystics and psychic masters have healed people of diseases with a word or a touch, even when the sick persons were thousands of miles away and absolutely unknown to them.

In the United States, Edgar Cayce and others even diagnosed diseases of strangers who had written them for such information before they had even received the letters! In the Philippines and other places there are psychic laymen who perform surgery without instruments or anesthesia, and draw no blood from the wound and cause no pain. And the patient requires no convalescence period either after the skin is "sewed back" without the trace of a thread and without leaving a scar. Psychic masters have restored sight to the blind with a mere touch of their finger over the eye, accompanied with a word. Indeed, there is hardly anything that has not been done by mystics and psychic masters in healing the physical body.

The psychic master achieves it with secret ESP+ Control, but he is tremendously helped by the body of the sick because the body by itself normally combats disease in any form! Its very glands and its central nervous system, for instance, may play roles in controlling liver tumors, since they can probably cause them,

as Weisburger and Yamamoto and others have discovered. Although in order to combat any disease, the body cells do *not* produce *two* different antibodies (substances which restrict or destroy bacteria or neutralize their toxins), they CAN do so, as was demonstrated by experiment, when the same blood corpuscle happens to carry the *two* antigens necessary to cause the body cells to produce the two antibodies, or when the two antigens "hit" the appropriate body cells at approximately the same time. That accounts for the diversity of antibody-controlling locations in the body. The body cells can therefore adapt themselves extensively to combat disease, and some of the adaptations are seemingly miraculous. With secret ESP+ Controlled miracle healing power you can bring about such miraculous adaptations *at any time, at will!* Master this miracle power and you will acquire a superhuman control over your own health, as well as over that of others.

The Splanchnic Secret of Blood Pressure Control

The blood vessels of your abdominal and pelvic viscera (that is, the arteries, the veins and capillaries of your liver, stomach, intestines, spleen, kidneys, bladder and adrenal glands) are called the splanchnic blood vessels. They are of the greatest importance in maintaining your blood pressure and your blood circulation, for they are the storehouse of your surplus blood when it is not required by your body activity. When any of your organs requires special activity, it needs more blood. Your splanchnic *nerves* (your sympathetics, your fighting nerves) at once narrow your splanchnic blood vessels in order to empty them partly of blood. At the same time they widen those of the organ to enable it to receive the extra blood it requires for the special activity. When extra blood is no longer required by that organ, your splanchnic nerves (your sympathetics, your fighting nerves) do the very opposite: they now narrow the blood vessels of that organ in order to empty them partly of blood. At the same time they widen your splanchnic blood vessels to enable them to receive back the surplus blood they sent out and store it again for quick use.

Your splanchnic blood vessels are supplied by nerves mainly

from the chain of sympathetic nerve centers (collateral ganglia) which are located a little farther out on each side of the middle of your spine—or about an inch and a half on each side from the length of the center of your back. By applying heat or pressure on these portions of his back, the psychic master controls his blood pressure at will. He can also control it through those collateral ganglia with PSYCHASTRA.

This splanchnic action of blood pressure control, though, is upset during disease. The part diseased—through toxicity (poisoning), congestion, inflammation, abscess or swelling—draws surplus blood to it to combat its pathological condition. That slows up blood circulation and blood supply and raises the blood pressure. When these symptoms and signs of the disease are reduced by treatment or otherwise, the blood pressure falls back to "normal."

Disease, too, is ruled by the sympathetics (the fighting nerves) because the sympathetics raise the blood pressure to fight it, rushing more white blood cells and other blood substances to the area. That draws blood from the visceral organs (stomach, liver, etc.) for that purpose and pours it into the blood stream, depriving the body of appetite because the stomach then has less blood for digesting and assimilating food. The sympathetics also *conquer* disease by creating fever, which raises the body temperature so high that it combats the pathogenic organisms in the body. Even the areas around abscesses turn hot because the sympathetics widen the blood vessels in them in order to besiege the abscesses with more blood containing white blood cells with which to reduce the infection. The area, as a result, also turns red and swells.

Your sympathetics (your fighting nerves), besides, bring all that about when they react in *small doses.* In small doses they cause your blood pressure to rise by narrowing your splanchnic blood vessels (those of your visceral organs) and thereby driving surplus blood out of them, and simultaneously widening your other blood vessels (those which convey your blood through your body) in order to fill them with the surplus blood driven out of the splanchnics to use to fight the disease.

In *large doses,* though, your sympathetics cause your blood pressure to rise *too high,* and that results in calling them right

back to protect your body from this new threat to its safety which they themselves have caused. And they meet this new threat by causing to happen *exactly the reverse* of what they caused before: that is, they now widen your splanchnic blood vessels instead of your other blood vessels in order to fill *them* with more blood, and simultaneously narrow those of the rest of your body to empty *them* partly of blood, and consequently *lower* your blood pressure again. *That,* in brief, is the splanchnic secret of blood pressure control. It explains why your blood pressure will steadily increase when you harbor a chronic state of mental irritation, but why it is soon followed by a period of quiet relief when you explode in fury. To lower your blood pressure quickly when you are alone, then, (except, of course, when it is dangerously high already), explode in fury at anything that "nags" you and "get it off" your mind—and therefore off your sympathetics (your fighting nerves.)

Another way is to lie flat on your back for *one minute* (no more) with a flat pillow under your back to press hard on your collateral ganglia. The one minute of hard pressure will inhibit your splanchnic nerves (your sympathetics) and widen your splanchnic blood vessels. Blood will at once pour into them from the rest of your body and reduce your blood pressure. The oriental psychic master usually does the same by leaning his back hard, for about one minute, against a smooth tree trunk.

How Your Body Organs Play Tricks on Your Conscious Mind by Deceiving It with the Reflex Jump

Although your visceral organs (your heart, lungs, liver, stomach, intestines, spleen, kidney, bladder, uterus, etc.) feel pain and register it in your brain, you do Not feel their pain because their message-bringing nerves are not sensitive enough to transmit it to their pain centers in your conscious mind. When their pain is intensified it is registered still more forcibly in your conscious mind, but it is still not felt as coming from them because it is registered more strongly still in the area of your body which shares the same final nerve pathway to their own pain center that they do. Your heart, for example, is a visceral

organ of slight sensitivity. Because of that, its message-bringing (or sensory) nerves to the heart center in your conscious mind are very little used, and so those nerves are quite insensitive to the sensation of pain.

The message-carrying nerves of your inner arm and forearm and little finger, to their pain centers in your conscious mind, however, run right beside those of your heart on their way to their own pain centers, and these are structures which are *quite sensitive* to pain (see Illustration 5). *Their* message-bringing nerves are therefore *very frequently used* and are consequently far more accustomed to receiving and interpreting pain sensations from them than are those from your heart. When your heart pain is intensified, then, and it is transmitted to your spinal cord by its message-bringing nerve, instead of proceeding to the pain center of your heart in your conscious mind, it *jumps over to* the far more sensitive message-bringing nerve of your inner arm, forearm and little finger and rushes onward to your conscious mind to *their* pain center. Your conscious mind, as a result, interprets your heart pain as coming not from your heart, but from your *inner arm, forearm and little finger.*

THAT is why heart disease is felt in those areas of your body instead of your heart! Your heart, to put it bluntly, plays a trick on your conscious mind: it deceives it by jumping its pain reflex from its own nerve pathway to that of your inner arm, forearm and little finger. This phenomena is called the reflex transference of pain. Here it is called the Reflex Jump because the pain sensation jumps from one message-bringing nerve to another. Your nervous system, to put it simply, fools your mind by switching the sensation it is carrying to your conscious mind, from a nerve pathway which is not sensitive enough because it is little used, to one which is extremely sensitive because it is frequently used.

The jumping of the reflex occurs in the spinal cord because the most sensitive groups of message-bringing nerves are found in it. Your inner arm, forearm and little finger are therefore called areas of reflex heart pain. When you complain of pain in these areas to a physician, he invariably examines your heart. The same holds true for all your visceral organs. The referred pain registered in your conscious mind goes still further and throws the muscles of the referred-to parts (like those of your inner arm,

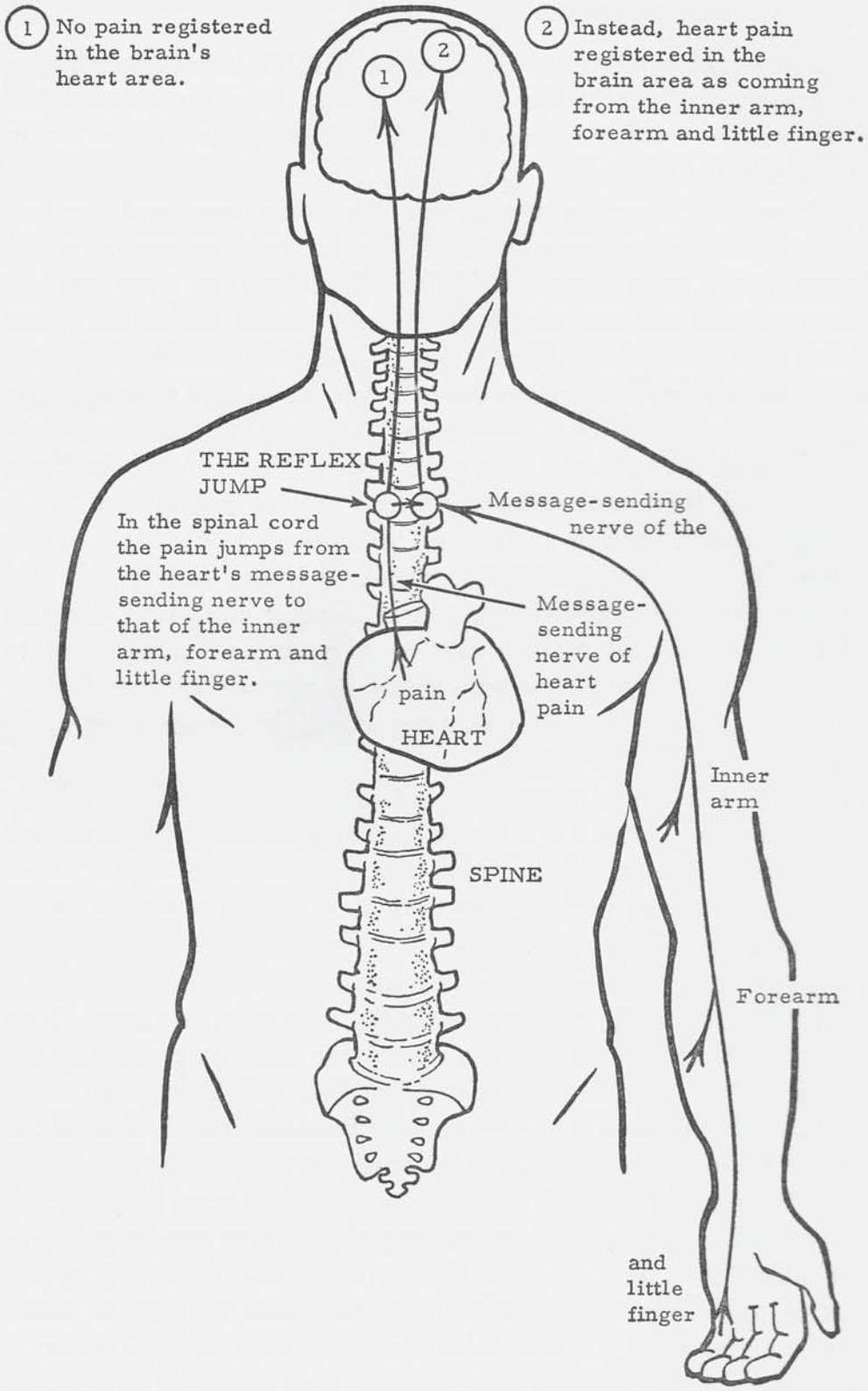


Illustration 5.

ROUTES OF THE REFLEX JUMP

forearm and little finger) into *spasm*. When the upper part of your intestines are inflamed (such as from an ulcer) the muscles over the right side of your abdomen are thrown into spasm. When your lungs are inflamed, the muscles of your shoulder girdle and diaphragm are thrown into spasm. When your kidney is inflamed, the muscles of your lower back are thrown into spasm. That is how your body organs play tricks on your conscious mind by deceiving it with the Reflex Jump.

How Your Conscious Mind Can Heal by Halting the Reflex Jump with Increased Nerve-Gap Resistance

In much therapy not requiring surgery or other radical measures, disease is commonly healed by freeing the reflex spasm (the muscle spasm in the referred-to part caused by the Reflex Jump). When heat is applied to the spasm-gripped muscles of the lower back, for instance, these muscles relax, and their circulation returns to normal. This effect leaps over *in reverse* at the Reflex Jump, from the message-bringing nerves of these muscles *to* the *muscle-commanding* nerves of the blood vessels of the kidney. These blood vessels immediately relax and widen and restore the circulation of the kidney to normal. The restored normal circulation then removes the accumulated toxins from the kidney and lets its cells combat and overcome the disease. Exactly the same thing occurs when the reflex spasm of other visceral organs is freed.

How the Psychic Master Heals

The psychic master, though, goes beyond that. He heals himself from disease by *halting* the original Reflex Jump from occurring in the first place! He does so primarily because he instinctively knows that once the Reflex Jump is effected, the Jump grows increasingly sensitive to pain from the diseased organ and will soon spread the reflex spasm into more and more adjoining body parts. A reflex spasm from the kidneys, for example, might spread until not only the muscles of the lower back are thrown

into spasm, but those of the abdomen as the reflex spasm spreads upward, as well as those of the hips as it spreads downward, leaving the afflicted so seriously incapacitated that he can hardly breathe or walk. His circulation then stagnates over such an expansive area and poisons it with steadily acculumating toxins, leaving his muscles ill-nourished and growing smaller and weaker through his inability to use them due to the excruciating contractions of their spasms. By halting the Reflex Jump from occurring in the first place (that is, the instant he feels reflex pain from a visceral organ), the psychic master automatically causes a *Reversed* Reflex Jump to take place *from* the normal tissues of greater sensitivity (as from the muscles of the lower back) *to* the diseased organ (like the kidney) and flood it with sensations of health and normalcy and thereby restore its blood circulation to normal, so that it removes the accumulated toxins from the diseased organ and lets its cells combat and overcome the affliction. The psychic master performs this healing "miracle" by *increasing* the Nerve Gap resistance at the sensitive point in the spinal cord where the Reflex Jump takes place. Since acetylcholine (which is mainly controlled by the parasympathetics, the loving nerves) *lessens* the resistance which a nerve transmission has to overcome in order to cross a Nerve Gap, the psychic master *in*creases that resistance by stimulating his *sym*pathetics.

At once the weak pain message from his diseased visceral organ is blocked from leaping across the Nerve Gap at the sensitive point of his spinal cord where the Reflex Jump would take place and referring the pain to another body part which shares with it the same nerve pathway to the brain. But this created Nerve Gap resistance is not enough to prevent an *intensified* health sensation from leaping across that same Reflex Jump *reversely*—or *from* the healthy, normal part—and flood the diseased organ with it and restore its blood circulation to normal and thereby heal it.

You, though, don't know what these other body parts (referred areas of your visceral organs) are, unless you have studied a healing art; therefore it is best to be professionally diagnosed first. Then you can use Illustrations 6 and 7 to guide you in helping yourself and your physician, whenever you feel pain in a diagnosed referred area, by filling yourself with emotional fury to stimulate your sympathetics. Then, with PSYCHASTRA, "suck

in" your mind-navel ether and draw in your astral body flow up your Psychastral Route to your conscious and subconscious minds. Triggered by your increased mental energy, your brain at once secretes the right chemical substance "x," (in this case, sympathin) with which to change your astral body flow into the right astral force and form necessary to combat the disease. Drive your altered astral body flow back into your central nervous system and into your diseased visceral organ. With the Multidiv, expect the most complete healing you can conceive of, and in the quickest time you want it to occur. That is how the psychic master promptly overcomes diseases which cause reflex pain, and that includes by far most diseases. The psychic master, of course, lets his own altered astral body flow locate the diseased organ for him, but it is wiser for you to be professionally diagnosed.

How a Psychic Master Healed a Victim of Leprosy Instantly

In the wilderness of Egypt, not far from where Moses led the Children of Israel toward the Red Sea, the Egyptian El-Klantan came upon a lonely leper bent on suicide. After dissuading him from it, El-Klantan determined to put an end to what had driven the grief-torn creature to make such an attempt. The leper had confessed to him that he was being torn asunder with pain. (Leprosy can cause a painful neuritis.) El-Klantan told the man to believe in him and that he would cure him of the malady. When the man reassured him that he did, El-Klantan proceeded to take deep breaths to fill himself with *prana* (electrons in the air). At the same time he "sucked in" his mind-navel ether and drew in his astral body flow up his Psychastral Route, then up and down his spine and out of it until it filled his whole body. With overwhelming conviction that he COULD cure the leper at once, El-Klantan visualized his altered astral body flow pouring furiously out of him, like a hungry health-charged flame, toward the leper. With his hands he pushed this flame completely into the leper, pumping his *prana* (actually, his astralized electrons) into him. Since every tissue possesses the instinct to stay normal or return to normal when diseased (the instinctive urge to recover), El-Klantan's super-charged altered astral body flow

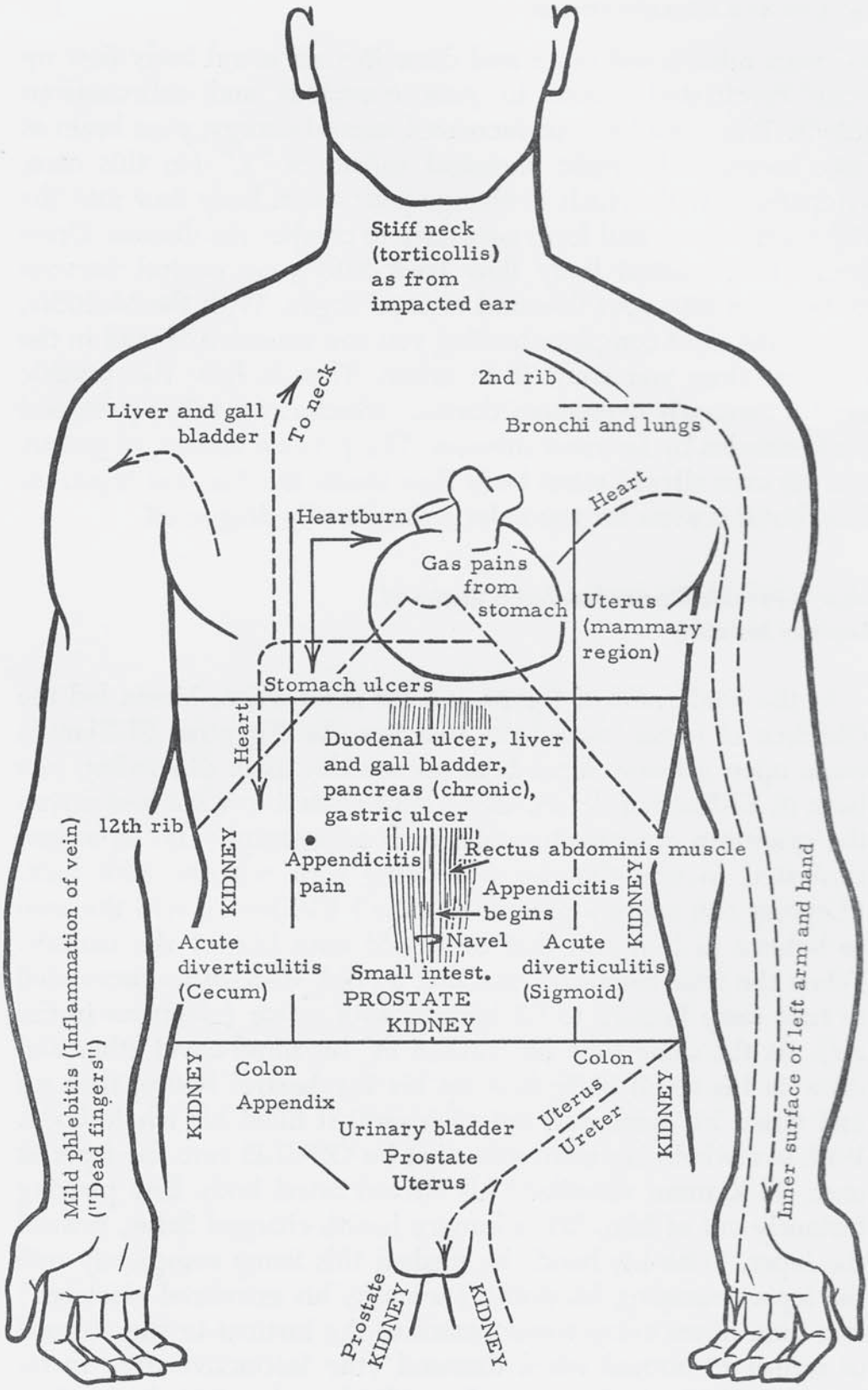


Illustration 6.

AREAS OF REFERRED PAIN (FRONT)

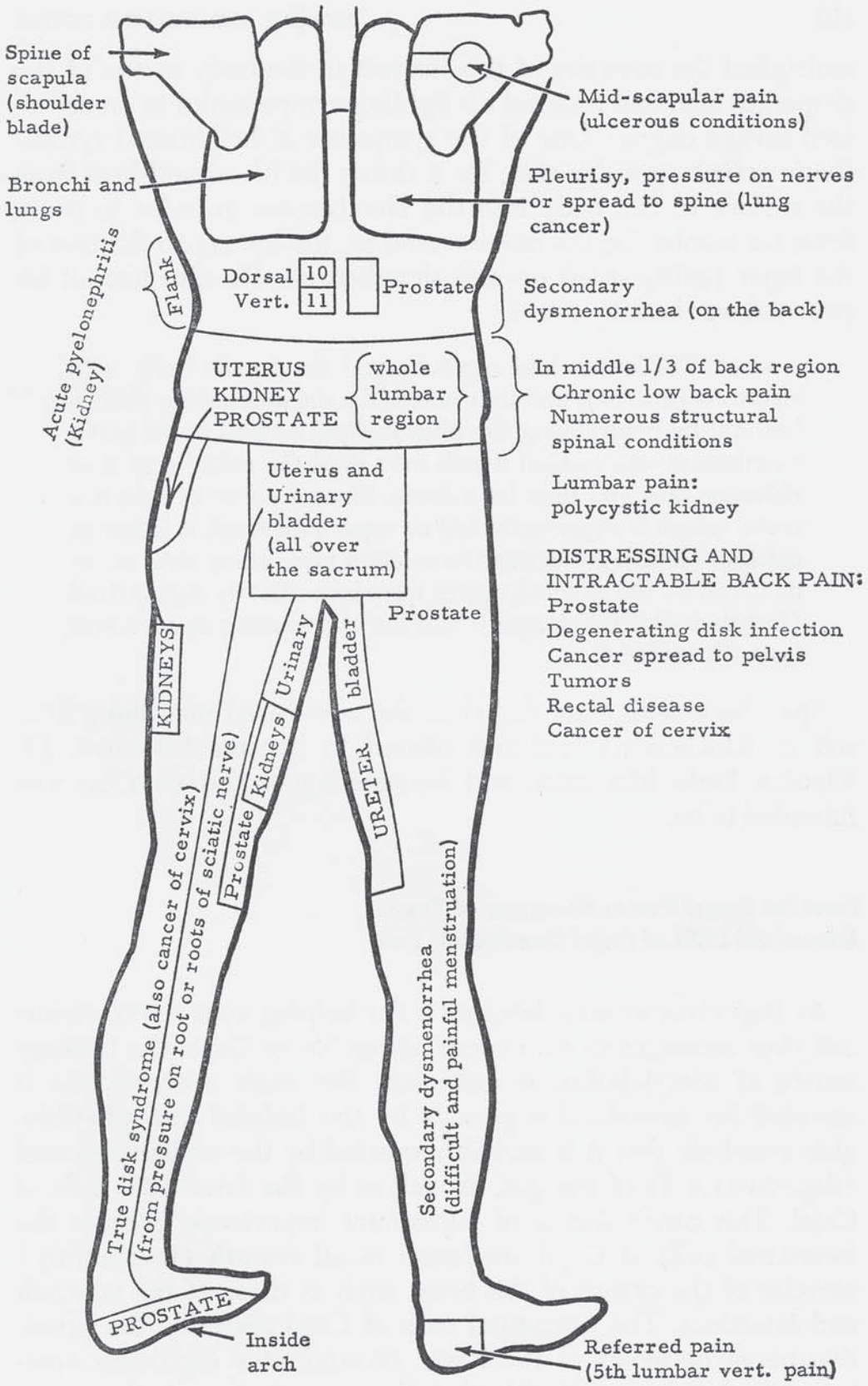


Illustration 7.

AREAS OF REFERRED PAIN (BACK)

multiplied the intensity of this instinct in the body tissues of the desperate man and aroused his fighting sympathetics to an astralized savage degree. One of the symptoms of heightened sympathetic activity is a dry skin, for it draws the blood and heat from the surface of the body into the bloodstream in order to cause fever for combating the disease. And so, the lesions on the face of the leper swiftly dried up and sloughed off. He also lost all his pain and was healthy again.

> NOTE. El-Klantan had supercharged the leper's body with electrons (anions), and they acted like the anion drug phenobarbital by neutralizing the phospholipid radical in his nerve membranes—the radical which may bind the calcium in it at different sites and then let it loose. Since a nerve in pain is a nerve which is super-activated or super-polarized, it is low in calcium (lime). By letting the calcium loose along their nerve membranes, the affected nerves were immediately depolarized (lost their electric charges), and the excruciating neuritis was instantly relieved!

Speechless with utter disbelief, the now-cured man flung himself at El-Klantan's feet and offered to become his slave. El-Klantan bade him arise and become again the man he was intended to be.

How the Secret Power Reservoir of Your Interstitial Cells of Cajal Can Benefit You

As important as acetylcholine is for helping your nerves transmit your messages or commands across Nerve Gaps, the primary source of acetylcholine is unknown. But since acetylcholine *is* secreted for considerable periods by the *isolated gut,* physiologists conclude that it is probably created by the various mucosal (digestive) cells of the gut, as well as by the interstitial cells of Cajal. This conclusion is of paramount importance because the interstitial cells of Cajal are found in all *smooth* (involuntary) muscles of the organs of the body, such as those of the stomach and intestines. The interstitial cells of Cajal resemble the primitive nerve networks of the lower invertebrates (spineless creatures) and it is conceivable that they represent a similar nerve

network interposed *between* the nerve plexuses in the walls of the stomach and intestines (the submucous and the myenteric plexuses) and the fibers of the smooth muscles in them, and connect the plexuses to these muscles. Your parasympathetics (your loving nerves), too, command these smooth muscles of digestion, as well as your digestive glands, *through* the interstitial cells of Cajal.

Now, if your interstitial cells of Cajal regulate the tone and integrated contractions of *all* the smooth muscles (muscles of body organs) of *all* your visceral organs, and also are the source of the local hormones of those organs, they then must regulate the tone and integrated contractions of *all* the smooth muscles of digestion, as well as serve as the primary source of all the local hormones of the different sections of the digestive tract! Furthermore, according to physiologists, the interstitial cells of Cajal might even accomplish these ends *independently* of any other influence, both because they *still* liberate acetylcholine in the isolated gut, and because once digestion starts, it can continue without further stimulation from the parasympathetics!

Even the rhythmic contractions of the gastrointestinal tract (the peristaltic wave) depend *solely* upon the rhythmical property of the smooth muscle of the gastrointestinal tract itself. The parasympathetics apparently only *augment* the peristaltic wave.

Since that seems to be the case, the physiologists conclude, the interstitial cells of Cajal appear to be a possible primary source of acetylcholine in the body, rather than the parasympathetics.

Secret of Control

That at last seems to explain the secret of the miraculous control which the psychic master possesses over his digestion, elimination, and the other functions of his visceral organs, such as those of his liver and kidneys. With PSYCHASTRA he stimulates his interstitial cells of Cajal to their peaks until his stomach and intestines secrete such a concentrated and voluminous digestive juice, and his gastrointestinal tract can contract into such a powerful and sustained peristaltic wave without giving him colic, that he can actually digest and eliminate almost anything from his system. You are certainly not being encouraged to imitate

him in such a reasonless feat, but it indicates to you how staggering a control you can acquire over your digestion and elimination by putting your interstitial cells of Cajal under secret ESP+ Control. You will be taught next how to use this miracle health ability for your own benefit.

How to Use the Secret Reservoir of Your Interstitial Cells of Cajal

Since the interstitial cells of Cajal are found in practically *all* the smooth muscles of the body (muscles of the body organs, such as in those of the lungs, stomach, intestines, spleen, kidneys, bladder, uterus, windpipe, glands, and even in the arteries and arterioles), the psychic master uses their secret reservoir of acetylcholine to bring his organs back to normal whenever they are diseased. Learn first how to use this secret reservoir to heal your digestive system, and use it in the same manner to heal any other diseased organ of your body.

How to Heal Indigestion with ESP+

When you are suffering from indigestion, sit comfortably but rather straight on a chair. Visualize your violently churning stomach and the fibers of the interstitial cells of Cajal in it uniting your parasympathetics to the fibers of its smooth muscles. (Your parasympathetics—your loving nerves—command all your visceral organs to function normally. Your sympathetics—your fighting nerves—prevent them from functioning normally by drawing blood out of them to feed your skeletal muscles when these need it for fight or flight or for any abnormal activity.) Now, visualize your stomach suddenly feeling delightful and digesting your food with absolute ease. At the same time, "see" your interstitial cells of Cajal as causing your stomach wall to contract in rhythmical peristaltic waves at the rate of twenty per minute (one every three seconds) and to *secrete the right amount of gastric juice it needs to digest your food.*

If you suffer from overacidity or mucous colitis, for example,

visualize your interstitial cells of Cajal to secrete *less* digestive juice and to launch a weaker peristaltic wave than normal to force the nutriment in it along.

How to Heal Constipation

If you suffer from constipation, on the other hand, visualize the cells of Cajal causing the smooth muscles of your gastrointestinal tract to contract even more forcibly than normal and thereby forcing the stagnant waste matter in your colon into your rectum. Then, with PSYCHASTRA, "suck in" your mind-navel ether and draw in your astral body flow up your Psychastral Route and then out of your spinal cord *to* your stomach, and no further. With the successive inhibitory-excitatory sub-trance (fill yourself with the overwhelming conviction that you CAN normalize your stomach at once), let your interstitial cells of Cajal secrete the appropriate amount of acetylcholine required by your submucous and myenteric nerve plexuses to normalize your stomach *at once.* Visualize your astral body flow as filling up with this appropriate amount of acetylcholine and transporting it to these nerve plexuses. With the Multidiv, expect the best results you can conceive of, and to take place in the quickest time you wish it to. Then let your altered astral body flow return, through your Psychastral Route, to your astral body, but to be ready for instant recall to repeat the procedure should you need it to. By thus placing the secret reservoir of your interstitial cells of Cajal under secret ESP+ Control, you can normalize your digestion at any time. You can do likewise with your colon and initiate bowel movements when they are sluggish.

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key to secret ESP+ Control over their miracle healing power. With a touch of PSYCHASTRA they have performed miracles of healing themselves and others which have mystified the topmost physicians in the healing arts after the latter held out little hope. Following are typical examples. The names of the individuals and the places have been changed.

How a Leading Professional Athlete with a Bullet Deep in Him Competed Again as Good as Ever

Colburn (KO) Blaine was a leading contender for the championship of his weight class. After years of waiting, he was finally signed to fight for the championship. His life's dream had come true.

That night he went out celebrating with his friends, and the speeding car was suddenly halted by a state trooper. Terrified that his lifetime dream would collapse if he were arrested for drunken driving, Colburn grew hysterical and frightened the officer into drawing his gun. In the altercation that followed, the pistol went off, burying a bullet deep in Colburn's body.

He lost large quantities of blood on the way to the hospital, where he was operated on at once. But the bullet in him could not be found. Little hope was held out that he would survive the night. And if he did survive, his athletic career was over because the bullet had gone through his right kidney and he would have to walk in steel braces, because the bullet would move around in him otherwise and sever his arteries or veins.

When Colburn regained consciousness and learned the shocking truth, he nearly died of the shock. He—a strapping six-foot-two, 210-pound giant, known as the hardest puncher in the ring . . .

"There's *no way* you're going to die, Colburn," he told himself frantically, and determined to fight for his life just as he would an opponent in the ring. And he would recover completely, too! He *would* fight again—and be as good as ever.

He was operated on four times in seven months, but the surgeons could not extract the bullet because it had lodged in his spine. Colburn shrank down from 210 pounds of steel-hard muscle to 165 pounds of weak flabbiness. But he never stopped "seeing" himself still as his big, powerful former self. During the last operation, too, considerable scar tissue had been removed from his abdomen and the surgeons told him afterward that his right kidney was so badly damaged that it might have to be removed. Once it was removed, though, they told him, his

chances of fighting again would *improve*. Without hesitancy Colburn agreed to have it removed.

When he was discharged from the hospital Colburn was extremely careful with himself. But he started exercising different parts of his body gently in bed or on a chair, for he was determined to become his former self again. Over the months his weight and strength gradually returned, until he was walking fast and even trotting. The bullet in him was not shifting, and the muscles he was redeveloping were helping to hold it in place.

A year and a half later Colburn had built up his lost size all over again. He was running every day, too, and was sparring again. During the next eight months he competed three or four times against mediocre opponents. His punch was so tremendous again that he was signed once more for a title encounter. He felt as good and as strong again as ever!

The invincible champion, as expected, outclassed him. But Colburn, after being near death in the hospital and expected never to fight again, had come right back and lived and fought again, with the bullet still inside him, because no matter what the best physicians believed, he himself was absolutely convinced that he *would* do so. His brain had therefore secreted the appropriate "unknown" chemical substance (x) with which to command his sympathetics and his body cells to enable him to do so, and his astral body had automatically united with his physical body to bring him the miracle power to do it.

SUMMARY OF THIS SECRET POWER

ESP+ Control over your healing power is the most effective miracle power with which to perfrom miracles of healing your body. In order to master it most easily, pursue the following simple steps:

Step 1. Control your blood pressure with the splanchnic secret. Explode in fury at the matter that is torturing you and "get it off your mind." Or lie flat on your back for *one minute* (no longer) with a flat pillow under your back to apply firm pressure on your collateral ganglia. Both ways inhibit your splanchnic nerves (your sympathetics) and thereby widen

your splanchnic blood vessels and fill them with surplus blood and as a result, lower your blood pressure in the rest of your body.

Step 2. Heal disease consciously by halting the Reflex Jump (the cause of referred pain) with increased Nerve Gap resistance. That allows the Reversed Reflex Jump to take place and normalize your circulation and thereby overcome the disease.

Step 3. Control digestion, elimination or respiratory difficulties by using the secret resevoir of your interstitial cells of Cajal (which unite your parasympathetics with the smooth muscles of your visceral organs).

Step 4. Whichever step you use to heal, climax it with secret ESP+ Control. With PSYCHASTRA "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route, either to your splanchnic nerves or to your interstitial cells of Cajal.

Step 5. Fill yourself with the overwhelming conviction that you CAN heal yourself or the other person at once, and let it permeate your astral body flow.

Step 6. Project your altered astral body flow into the part of you (or of the sick person) which you wish to heal.

Step 7. With the Multidiv, expect the most complete healing you wish, and in the quickest time you wish it to take place.

You will then have acquired an incredible "miracle" power. (You will learn how to heal the body organs themselves miraculously with materialization power as set out in Chapter 16.)

9

Power over Man or Beast

The Stupendous Achievements Possible from Locking Control of Your Power over Man or Beast

With power over man or beast, you can rule the minds or muscles of others in danger and save their lives by forcing these parts of them to do exactly as you command them to, even when the deed seems impossible for them to perform! Less scrupulous individuals have used it to take unfair advantage of others and have impelled them to do exactly what *they* wanted them to do. Wives and husbands have used it to excite their mates to such degrees that they have enslaved them by merely pressing a secret spot on their bodies. Still others have used it to put into the mouths of others *the very words* (or words with the same general meaning) which they wanted them to say. Others, like Don Juan, Prince of Spain, tamed a strange lion or lions with one look. Fearless leaders, like Napoleon, faced alone a troop of soldiers which had been sent to arrest or assassinate him, and turned them on his side.

Such miraculous control of others was not due to plain courage or determination or cool-headedness, but to an automatic use of the miracle power within the individuals! Mystics and psychic masters, of course, perfected that power and did much more with it. Daniel, in the Bible, not only tamed a dungeon full of hungry lions to which he had been cast, with a mere glance, but sat for days in the midst of them and spoke to them and petted them.

Jonah, according to the Bible, was swallowed by a whale for three days and thereby saved from a savage storm in the deep, and then was thrown up safely ashore. Indian fakirs handle deadly cobras with their bare hands, or even let them lie beside them loose. Indeed, there is no feat of controlling either man or beast which someone has not achieved with this miracle power. Master it, and put it into practice and gain immediately from it socially, romantically or in business.

The Power You May Acquire over Others by Dominating Their Muscles

Your dominating the muscles of others is tantamount to controlling their minds, for their personalities are intimately associated with the activities of their muscles. The development of the areas of the conscious mind which are linked with memories of muscular activities are, in fact, linked with the strongest traits of the personality. People of great mental worth, of sound judgment, of high intellectual attainments and most admirable characteristics might still fail to reach their peaks of mental control over themselves and others because they have not developed the different areas of their conscious minds hand-in-hand with memories of muscular effort. Their mental powers are only *partly* developed then, for they cannot translate them into parallel physical action.

By muscular memories is not meant solely to associate the conscious mind with the use of the large muscles of the body. Still and all, the effect on the conscious mind *is* stronger if the memory *is* associated with their use. Why? Because, stimulating the small pyramidal cells in the cerebral cortex (which houses the conscious and subconscious minds) contracts the small muscles of the body. But these (as has been verified by experiment) are associated in the conscious mind with feelings of nervous irritability and inefficiency! Muscular memories stimulating the *large* pyramidal cells of the cerebral cortex contract the *large* muscles of the body. And these (as has also been verified by experiment) are associated in the conscious mind with a feeling of *efficiency and power.*

Whenever you feel inefficient or weak, for instance, at once contract the large muscles of your body. Contract your lower back muscles which hold your spine erect; your upper back muscles which draw your shoulders back; and your front thigh and hip muscles, which lock your hip joint. You will immediately experience in your conscious mind a feeling of vastly increased power.

Contracting the small muscles of your body, in contrast, like those of your fingers and toes, does *not* bring you that feeling. (Clenching your fists is an exception because then you also contract forcibly the large muscles of your forearm, and moderately those of your upper arms, shoulders, chest and back muscles.) For that reason, neurasthenics are regularly prescribed exercises involving the contractions of the large muscles of their bodies. Even during illness, the smaller muscles of the body fill you (or the other person) with far less optimism or determination to conquer the disease. This is so because the smaller pryamidal cells in your brain (which control your smaller muscles) absorb more of the toxins circulating in your blood than the large pyramidal cells which control your large muscles. They present comparatively more absorbing area to the toxins, and so their power of absorption is greater compared to their mass than that of your large pyramidal cells.

Your fingers and toes, as a consequence, manifest remarkable restlessness and waste your energy when you are sick. They do so, indeed, even when you are nervous, frightened, tense or apprehensive. When you dominate the large muscles of man or beast, then you truly dominate his conscious and subconscious minds.

How to Dominate the Muscles of Others

Sit alone in your room and *visualize the person you want to dominate,* sitting before you. Mentally, command him to rise. At the same time, with PSYCHASTRA, "suck in" your mind-navel ether and draw in your astral body flow up your Psychastral Route to your conscious mind, and saturate it with your command. With the successive inhibitory-excitatory sub-trance (fill yourself with the overwhelming conviction that you CAN make

this person rise at once) let your brain secrete the appropriate unknown chemical substance (x) with which to alter your astral body flow with the right astral force and form necessary to make your subject person obey your command at once.

Visualize your astral body flow permeating all the large muscles of your body, particularly those of your abdomen, hips and legs, since those are the most important ones with which to rise from a sitting position, and project it out of you through your Psychastral Route. Accompany the projection with a power-packet blast (feel exuberant or exalted) to facilitate helping your altered astral body flow rushing across your Nerve Gaps. With the Multidiv, expect your subject person to obey your silent command INSTANTLY. Affix your altered astral body flow into this person, and it will fill him from head to foot, and the muscles of his abdomen, hips and legs will be irresistibly stimulated to straighten him to a standing posture, although he will not suspect why. And he *will* rise if so ordered.

Repeat the exercise, but now command this subject person to sit down, take out his handkerchief, open a window, pick up a chair or do anything else you direct him to do. Perfect the exercise with repetition and you will be able to command him to obey you *even when he is already in action* on his own volition and is not even aware of your presence, or when he is in danger and needs superhuman strength to save himself.

How to Command Others Psychically to Say What You Want Them to Say

To make another person say what you want him to say—or at least to say something with a similar meaning—amounts to putting your own ideas into his *conscious mind* and forcing him to think subconsciously as you do or want him to, although he is hardly aware that he is thinking that way. He will then agree with you about matters which he would not agree to in his conscious mind!

With this staggering power you can make your subject person overcome a bad habit, keep his word, stop planning to get the better of you or make a fool of you in any way. You can extract

the truth from him when he is concealing it from you, or make him learn something which he has a difficult time learning.

You can also *reflexly* change his stubborn mind about something—because once he repeats what you want him to with his tongue as if he *did* believe it, the resulting vocal muscle reflex registers itself in his conscious mind, and *re*-forms his own stubborn thought into that of the meaning of the words to which his tongue has just given utterance. *That is how brain-washing is achieved.* Force the subject person to repeat the wording you want him to once, or preferably more times, and he will come to believe it and accept it as his own, no matter how fiercely he rebelled against it before! That is why to make others say what you want them to say—or at least to say something with a similar meaning—is a positive way to exert control over them! But since your own intention should be a worthy one, you should intend to lead persons under your control for their own benefit.

There are two important times when you associate with your subject person to make him say what you want him to say. Use the same technique for both times. *The first time,* psychic-command him to say what you want him to say *before* you even talk to him. *The second time,* put your words in his mouth during the conversation. Once you put him under secret ESP+ Control you can impel him to repeat whole phrases or even whole sentences of your own, as if *he himself* had thought them up. And after he has repeated them, he will accept them as *his own words* and be obedient to you.

How to Practice and Master to Psychic Command Others

Sit alone in your room and stare at your image in a mirror. Pretend that it is a friend of yours, and that you two have just met but have not yet talked, or that he is searching in his mind for a word. You yourself want him to utter a particular word, phrase or sentence, or something with a meaning similar in order to change his opinion about something, or else he will not cooperate with you on what you have in mind for him. Stare kindly between his eyes and think that word, phrase or sentence in your conscious mind. With PSYCHASTRA "suck in" your mind-navel ether and

draw in your astral body flow, up your Psychastral Route to your conscious and subconscious minds.

With the successive inhibitory-excitatory sub-trance (fill yourself with the overwhelming conviction that you CAN affix that word, phrase or sentence in your friend's mind at once), let your brain secrete the appropriate unknown chemical substance (x) with which to alter your astral body flow with the right astral force and form necessary to affix that word, phrase or sentence in his mind at once. Visualize your astral body flow absorbing that word, phrase or sentence completely, and project it out of you through your Psychastral Route into Howard. Accompany the projection with a power-packet blast (feel exuberant) to facilitate powering your altered astral body flow rushing across your Nerve Gaps.

With the Multidiv, expect him to absorb that word, phrase or sentence immediately with his conscious mind and to feel that it is *his own.* He will be gripped by your projected altered astral body flow as if in a vise and, to your amazement, he will repeat that very word, phrase or sentence or something with a similar meaning—and believe it himself! Practice and master this basic but astounding skill, as it can serve you well.

How Hispashanti Controlled the Mind of a Shark

It is reportedly very rare for a native to be bitten by a shark in Hawaii because the natives call upon the Shark God before they take to the shark-infested water. Hispashanti, an East Indian psychic master, equaled their feat by other means. He and four followers decided to settle in the rich land of the coastal region of the Konkan, for they had learned from others that it offered a good living standard for a large plantation. But the climate was appalling, and the shark-infested waters around it had limited its population to that of scattered native towns and small farming villages. Hispashanti assured his followers that they had nothing to fear from the sharks, and that they could somehow manage to endure the merciless weather once they settled there. It was certainly better than staying where they were in India and existing little better than beggars.

So they embarked on the journey. Two days later the five of them found themselves in their rough-hewn rowboat, struggling desperately against the raging sea about 600 feet off shore of their self-chosen Promised Land. To add to their peril, a squall suddenly sprang up from nowhere and the mountainous waves tossed the craft about like a bamboo shoot. One colossal wave finally capsized the boat. All five clung to it for hours and the sea turned calm again. But, without warning, they were attacked by a school of sharks.

One after another of the five stranded men screamed as the sea monsters ripped him limb from limb. Hispashanti was filled with terror at first, but he immediately filled himself with a confidence that the sharks would let him alone. He "sucked in" his mind-navel ether and drew in his astral body flow, up his Psychastral Route to his Third Eye (in his forehead and temples area). He filled himself with the overwhelming conviction that he COULD acquire absolute immunity from the sharks at once. He visualized his astral body flow assuming the right force and form necessary to keep the sharks away from him at once and projected it through his Psychastral Route. To project it out faster still he felt exuberant as he did so. Then he visualized his altered astral body flow surrounding him with a repellent wrapping immediately.

Hispashanti's projected altered astral body flow did just that. It created a wrapping around him with the scent opposite to that of blood. This repelled the man-eaters from him immediately, even though the blood of his slaughtered companions saturated the sea around him. The school of sharks backed away from him, and Hispashanti managed to climb on top the overturned boat and drift safely to shore.

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key to secret ESP+ Control over their miracle power over man or beast. With that touch of PSYCHASTRA they have controlled the minds of others in danger and saved their lives by forcing them to do exactly as they psychically commanded them to. Others have used it to make other people do exactly what *they*

wanted them to do. Those who used it unscrupulously could have gained far more if they had used it scrupulously for true benefit; that is why the true case history of one who used it unworthily is also described. The names of the individuals have been changed.

How Felipe Saved His Exhausted Brother From Being Overtaken by a Deadly, Pursuing Shark

Felipe was relaxing on the sandy beach of Taboga, a fascinating pyramid-shaped jewel of an island about ten miles off the coast of Panama City, Panama. His brother Sorenso was swimming about a block off shore. He had been in the water for some time. He was obviously very tired and was now "pumping" his way back to land. In one of the swells not too far behind his brother, Felipe detected the huge fin of a shark. It moved parallel to the beach, but then it unexpectedly veered in direction of Sorenso. Felipe sprang to his feet and leaped in the air repeatedly, frantically waving and shrieking at his brother.

Sorenso peered over his shoulder and perceived the monstrosity heading straight for him. It hardly changed its speed, yet it gained so fast on Sorenso that it was sure to overtake him before he was halfway to shore. Realizing that his exhausted brother had no chance on his own, Felipe stopped shouting and stared at him and desperately visualized him as being strong enough to swim as fast as the shark. He "threw" this vision at him from his mind and at the same time filled himself with the overwhelming conviction that such a change in Sorenso WAS possible, and *at once*.

Sorenso suddenly felt like a new person! His deflated stroke regained its old power, and his body moved faster. But it did not move fast enough to outdistance the man-eater. So Felipe filled his body to bursting with "a power from outside" and commanded his brother to skim across the water! An instant later, when the sea-monster was but a few meters behind him, Sorenso's body seemed to climb right on top the surface of the ocean and to skim across it with the superhumanly powerful stroke which he now used. He reached the shore less than three meters ahead of the shark, and Felipe rushed into the shallow and hauled him out. With a touch of secret ESP+ Controlled miracle power over man

or beast, Felipe had saved his swimming, exhausted brother from a deadly pursuing shark.

How Mrs. Dantrill Made an Eager Servant of Her Otherwise Independent Neighbor

Mrs. Dantrill's husband, Blascomb Dantrill, was a patient, hard-working small contractor who was being squeezed out of business in Central America by the influx of European construction engineers who were immigrating into the country, bringing in machinery and outbidding him for new contracts. He was soon forced out of business and had to go to work for one of them as foreman. His income now was small, and he and his wife were compelled to move to a less desirable section of the city. Mrs. Dantrill was an expert seamstress, but she hated to work. And now she couldn't even afford to hire the servant which she had before to perform all the domestic duties for her.

She determined to make *un*paid servants of her neighbors. After idling her way through the shops in the afternoon and mincing down the sidewalks, she paused by the door of her downstairs busy housewife neighbor, took a deep breath, sighed and exclaimed in her broken Spanish, "Oh, how delicious! Must taste like cake!" And she "threw" inside that apartment an explosive yearning from herself, for that food.

Then she climbed the stairs purposely like someone who was utterly crushed because that "cooking" was not for her. Meanwhile, she heard the door downstairs open slightly.

The third time she repeated these actions, the door burst wide open and a workhorse middle-aged woman, flooded with perspiration from the flaming coals in the coal stove, stepped out with a plate of food in her hand and exclaimed, "Missus! For you! For you!" And she implored Mrs. Dantrill to accept it.

Next afternoon, when the workhorse housewife stopped her on the staircase and asked her if she liked the dish, Mrs. Dantrill looked downcast at the floor and sighed and shook her head. "There was one thing seriously wrong," she replied in a tragic tone. "There wasn't enough of it!"

The busy housewife shrieked with delight and scurried in and bolted back out with a whole pot of food. Mrs. Dantrill pretended

that it was not right for her to take it, but she let the housewife shove it forcibly into her hands. As she went upstairs she kept inhaling it and gasping with delight and "throwing" back to the woman more explosive yearnings for that food.

Thereafter it became a regular thing for the woman to bring pots of food to Mrs. Dantrill, and Mrs. Dantrill had all the time in the world to continue her lazy existence. But idleness led to mischief, and marital infidelity soon followed. Her husband threw her out, and she had to go to work as a seamstress, after all, and earn her own daily bread. From the very beginning she had used her touch of miracle power over man or beast for *un*worthy purposes.

SUMMARY OF THIS SECRET POWER

Secret ESP+ control over your miracle power over man or beast is the most effective miracle power for controlling the minds or muscles of others when they are in danger, or for personal gain. In order to master it most easily, pursue the following steps:

Step 1. Rule the muscles of the other person with secret ESP+ Control. Send him a psychic command to do *physically* what you bid him to, and then visualize the general muscles of his body which would perform the act for him, performing it. Then apply PSYCHASTRA.

Step 2. Psychic-command the other person to say what *you* want him to say, or something with a similar meaning. The two important times to do so are:

(*a*) just before you start talking to him, and

(*b*) during your conversation with him.

Then apply PSYCHASTRA.

Step 3. To rule the mind of a dangerous beast so that it lets you alone, create, with PSYCHASTRA, an astral body wrapping with a scent the opposite of what excites the beast, so that it repels the beast from you.

Then apply PSYCHASTRA.

NOTE. To apply PSYCHASTRA in any of these steps, "suck in" your mind-navel ether and draw in your astral body

flow, up your Psychastral Route to your conscious and subconscious minds and saturate it with your psychic command. With the successive inhibitory-excitatory sub-trance (fill yourself with the overwhelming conviction that you CAN make your psychic command become a fact at once), your brain secretes the appropriate unknown chemical substance (x) with which to alter your astral body flow with the right astral body force and form necessary to make your psychic command become a fact at once. Then project it out of you through your Psychastral Route. Accompany the projection with a power-packet blast (feel exuberant) to facilitate your altered astral body flow rushing across your Nerve Gaps. With the Multidiv, expect total success instantly.

You will have acquired one of the most tremendous miracle powers you can get, and do the amazing things which others have done with it. Its applications to any set of circumstances are limitless.

10

Electromagnetic Power

Great Achievements Resulting from Control over Electromagnetic Power

With electromagnetic power you can seize control of invisible forces flashing all around you in the air and let them perform incredible miracles for you. With it, mystics and psychic masters have split and tumbled thick walls with a word. They have seen deep veins of gold through the deep earth, with a glance. Angry ones have brought plagues of insects or frogs upon whole cities or countries. Many, like Daniel's close friends in the Bible story, as well as certain Pacific Island tribes, have proved to be unburnable by fire. With this ESP+ secret the Ancient Egyptian magicians (psychic masters) duplicated most of Moses' feats of Biblical times with which he threatened Pharaoh when the King refused to "let his people go."

"With their secret arts," according to the Bible, they too called up gales that darkened the earth with ravenous brown insects, brought plagues upon the land, caused the country to be covered by frogs from the pools and canals, caused the land to be covered by swarms of flies, brought down a storm of hail upon man and beast and upon every plant in the field, filled the face of the land with locusts so that no one could see the land, turned the whole Nile to blood so that the fish died and the water turned so foul that it could not be drunk, and turned all the canals and their ponds and all the pools of water over Egypt into blood. And also,

like Moses, they obliterated all these catastrophes instantly. Imagine what you yourself could perform with even an astronomical fraction of such a power! It is here for you. So go ahead and master it at once!

The Invisible Forces Perpetually Flashing All Around You in the Air

There is no such thing as "dead air" or empty air around you, nor emptiness in the ether of the earth or in plasma of outer space. All of it is filled with electric and magnetic forces. The "ether" is not so much the carrier of these forces as it is the materialized forces themselves. "Dead air" or "empty air" does not exist, therefore, because there are electric and magnetic forces *everywhere,* no matter how minute. This is so because in classical physics there is *no* limit to the shortness of electro-magnetic waves; *no* least amount of radiant energy that can be emitted in one flash, and *no* least amount of reflected light that can be absorbed. (There is only infinity, in other words, or the astral world.) Also, due to the penetrations of neutrons into their nuclei, elements in Nature are continuously being slowly transmuted into *other* elements.

The proof of it is that a steadily growing number of radionuclides (chipped off pieces of atomic nuclei) blasted off by cosmic rays and which possess only half-lives, (or whose existence is cut in half), are found in the universal atmosphere, or in an atmospheric precipitation, or both. Among those collected from rain samples at Fayetteville, Arkansas, with their lifespans, chemically written, are: 2.7 million years, Be^{10}; 5,600 years, C^{14}; 12.5 years, H^{3}; 2.6 years, Na^{22}; 87 days, S^{35}; 53 days, Be^{7}; 25 days, P^{33}; 14 days, P^{32}; 1 hour, Cl^{39}; 37 minutes, Cl^{38}. (The chemical initials stand respectively for the elements beryllium, carbon, hydrogen, sodium, sulphur, beryllium, phosphorous, phosphorous, chlorine, chlorine. The number following the initial represents its atomic weight.) Still more are expected to be blasted off by the cosmic-ray chipping up of atmospheric argon, but most of them will have very short life spans. By 1966 at least a hundred such unknown nuclides had been discovered, and most of them appear only when nuclei of elements are violently shattered, as in a high-energy accelerator. Many of them, too, live such fantastically

short lives (as short as one hundred thousandth of a millionth of a second) that scientists are calling them "states" or "resonances" rather than nuclides.

The electric and magnetic forces in the air all around you exert a pressure upon you which varies with their light, and a weight upon you which varies with their heat. Einstein proved that light exerts a pressure equal to twice the amount of the energy it reflects, divided by the velocity of the light. And, heat energy does possess a ponderable mass because one liter of water at 100° C. weighs 10^{-20} gm. more than the same amount of water when *cold*. These invisible forces, then, vary by themselves; and you yourself can vary them with secret ESP+ Control and use them to transmute into different forms still other matter and perform veritable miracles. In the laboratory, elements of nature were transmuted into other elements, at first simply by shooting the nuclei of hydrogen and helium atoms into the nuclei of other atoms. In that manner the physicists transmuted a considerable number of the lighter elements into still lighter elements. The heavy elements resisted transmutation because of the positive charge on their nuclei; but since neutrons carry *no* charge, the heavy elements also were finally transmuted by shooting neutrons into their nuclei.

So there are staggeringly powerful invisible forces, perpetually flashing all around you in the atmosphere—electromagnetic forces strong enough to transmute the elements themselves. Certain mystics and psychic masters have taken advantage of these forces for thousands of years—but carefully concealed the secret of how to do it. That exceptionally well-guarded secret will soon be revealed to you in this book.

How to Multiply Your Own Electromagnetic Power with the Astral Synchrotron

Your own body is also a mass of electromagnetic energy, for it constantly emits electromagnetic radiation. But before you can transmute elements with it, you have to increase its magnetic movement astronomically. The magnetic movement of the spinning electron is the minimum amount of magnetism the electron can create when it revolves around the nucleus of the atom. When the speed of its spin is increased, the electron will revolve still

faster around the nucleus of the atom and create a greater amount of magnetism. That will multiply its electromagnetic power. Achieve that for your body with the astral synchrotron.

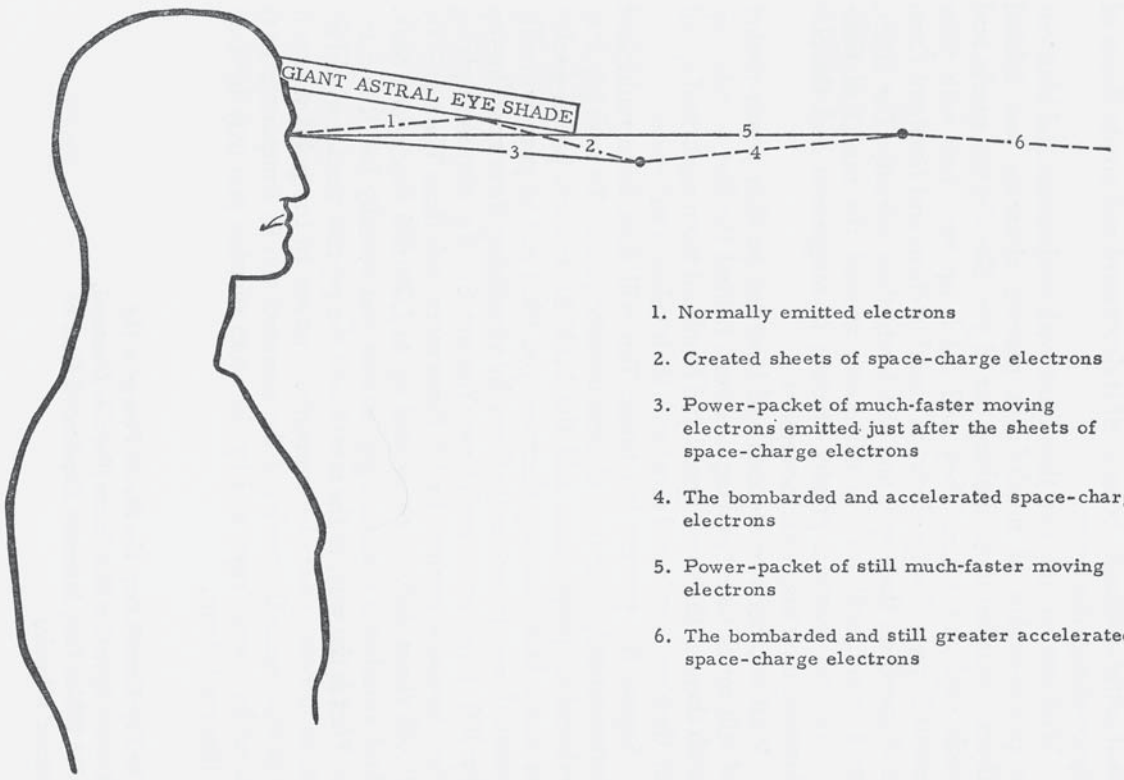
When a billiard player shoots a second ball with his cue stick at a stationary first ball, he sends the first ball spinning and moving. If the billiard table were ten miles long and he could continue shooting faster and faster balls periodically at the speeding first ball, the first ball would in time be practically skimming or flying across the surface of the table.

That is the principle of the astral synchrotron. Synchrotron means to *accelerate the velocity* of charged particles (the first ball), especially of particles like electrons, through the use of a low-frequency magnetic field in combination with a high-frequency electrostatic field. It means you are creating sheets of space-charge electrons (the first ball) in your normal low-frequency magnetic field; then your speeding these up phenomenally with PSYCHASTRA by exploding much faster electrons periodically behind them (the second, third and all the other balls) with which to bombard them and accelerate their electron spin and their velocity of movement to unbelievable speed. *That is how you increase your body's magnetic movement astronomically.*

How to Create the Astral Synchrotron

Sit quietly in your chair, preferably alone in your room, and stare at a blank space on the far wall. Unless you are ill, your body has a negative (—) electric charge and is therefore emitting electrons. With PSYCHASTRA, "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route to your conscious and subconscious minds. Now, visualize your astral body flow spreading *outside* your head like a giant eyeshade about eighteen inches long, and slanting slightly floorwards. (See Illustration 8 for the complete layout.)

With the successive inhibitory-excitatory sub-trance (fill yourself with the overwhelming conviction that your astral body CAN form a great astral eyeshade at once), your brain secretes the appropriate unknown chemical substance (x) with which to alter your astral body flow with the right astral force and form necessary to create that giant astral eyeshade at once. Your normally



1. Normally emitted electrons
2. Created sheets of space-charge electrons
3. Power-packet of much-faster moving electrons emitted just after the sheets of space-charge electrons
4. The bombarded and accelerated space-charge electrons
5. Power-packet of still much-faster moving electrons
6. The bombarded and still greater accelerated space-charge electrons

Illustration 8.

HOW THE ASTRAL SYNCHROTRON IS CREATED

emitted electrons now dart uninterruptedly out of your eyes, hit that astral eyeshade, bounce off it downward and create sheets of space-charge electrons.

Wait two seconds and then burst with exuberance and blast out a power-packet of much-faster moving electrons just behind them. Visualize these flashing out of you like electric sparks and with explosive vigor. They will catch up very fast with your created space-charge electrons ahead of them and bombard them and speed up their spin and accelerate their velocity. The latter, as a result, will revolve still faster around the nuclei of their atoms and create a greater amount of magnetism and thereby increase their magnetic movement.

Wait another two seconds and blast out another power-packet of still much-faster moving electrons behind the first to catch up with them at their new speed and bombard them again and speed up their spin again and accelerate their velocity still more.

Repeat the process ten times. You will then have multiplied astronomically your own electromagnetic power. To multiply it to miraculous proportions, add the Multidiv to each power-packet of much faster-moving electrons you blast out at your normally emitted ones to accelerate them, by visualizing them speeding up by 100 times more each time. You are thereby also multiplying their magnetic moment by 100 times more each time. Then do it by *10,000 times, 100,000 times, and up to 1,000,000 times each time.* And visualize it *convincingly,* so that you actually feel it and see it. *That* is the way, as the mystic and the psychic master would do it, to increase your electromagnetic power to the point where it can transmute the nuclei of the elements and its compounds as is done by cosmic rays, and by the atom smasher you may have so often read about.

The Psy·Cosmic Ray, the Mystic Power of the Ancient Egyptian Magicians (Psychic Masters), with Which They Instantly Duplicated Most of Moses' Miracles

The Psy·Cosmic Ray is a power that will stagger your imagination. So study it well. All atoms, first of all, are miniature solar systems in which the electrons rotate around the nucleus just like

the planets around the sun. And, as is the case with the central nervous system, both the nucleus and the atom itself possess a magical flexibility which is far from being fully understood by man, athough he can demonstrate it. The atom itself is 1,000 times more massive than the electrons orbiting about its nucleus, and the space between its nucleus and its outer shell (electron orbit) is NOT empty, as the physicists once thought, but is filled throughout with de Broglie waves (or vibrations) as sketched in Illustration 9.

Since these waves have no mass (weight or size), it is probable that there are still many other undiscovered particles within the atom, with which miracles way beyond that of nuclear fission can be produced!

All atoms are steadily being bombarded by cosmic rays. You, too, are composed of atoms and molecules; consequently, you too are subjected to a continuous bombardment of cosmic rays from all parts of the sky. About eight to ten billion electric volts pierce your head every minute, while even the energies of the alpha and beta rays of *radium* don't exceed ten to twelve million volts! So, see how much stronger (about 800 times) is the bombardment of cosmic rays to which atoms and molecules of all matter are normally being subjected every minute than the bombardment by any other kind of radiation. Yes, there is undeniable evidence that there is a radiation from outer space, coming to the earth in all directions, which is more penetrating and presumably more energetic than any radiations that have their origin on the earth. When this outer space radiation (cosmic rays) reaches the environs of the earth, it can be used in the laboratory to make collisions with the nuclei of other atoms and thereby to split them. In the case of lead, it can split its nucleus into at least five positive and ten negative electrons and create an unbelievably powerful magnetic field.

It can cause *great transmutations* of an atomic nucleus (of the nitrogen nucleus, for example), by ejecting an alpha-particle. And yet, although cosmic rays are considerably shorter than X-rays, other rays may soon be discovered whose period of vibration are microscopic in comparison to that of cosmic rays. With secret ESP+ Control the Egyptian psychic masters and their disciples have, for thousands of years, converted these still undiscovered

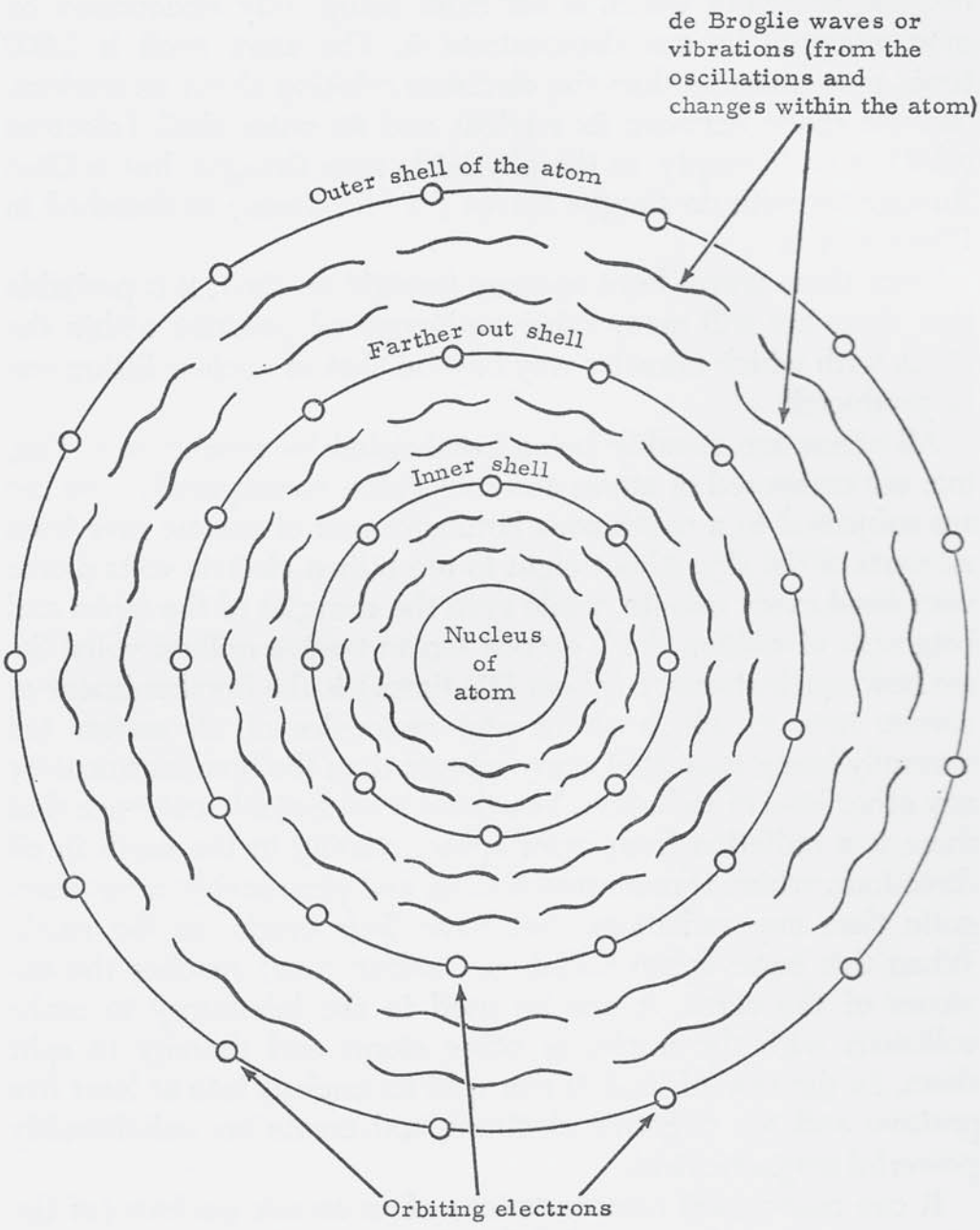


Illustration 9.

THE ATOM WITH SEVERAL ELECTRON ORBITS (OR SHELLS) SHOWING THE DE BROGLIE WAVES (OR VIBRATIONS) IN ITS PREVIOUSLY BELIEVED "EMPTY" SPACES.

and still astronomically stronger micro-cosmic rays into Psy·Cosmic Rays. By concentrating them on the atoms or molecules of any kind of matter, the Egyptian magicians (psychic masters) caused *great transmutations* of atomic nuclei and *changed any kind of matter into any thing they wished.* That's why they laughed at Moses' feats, and duplicated almost all of his mystic miracles.

The Closely Guarded Secret of "the Secret Arts" of the Ancient Egyptian Magicians (Psychic Masters)

Although you yourself are being subjected to a continuous bombardment of hard X-rays, and various cosmic rays from outer space, you may, by taking control of the unbelievable power of these rays when they reach you, make it collide with the nucleus of other atoms and split them. You can thereby create a magnetic field so powerful that it can cause unbelievable transmutations of an atomic nucleus. But you are not controlling the still undiscovered and still astronomically stronger micro-cosmic rays and converting them into Psy·Cosmic Rays and performing miracles with them, as the Egyptian magicians did. You are daily allowing a stupendous field of untapped energy for any type of use to rush past you like the waters of a waterfall. Like everybody else, your body regularly receives this energy, but it is adjusted to it and does not absorb it.

Your body receives it with your skin, and your message-bringing nerves convey it to your central nervous system (your brain and spinal cord) INTO you. But then it flashes right back OUT of you. But the Egyptian magicians (psychic masters) learned how to *absorb* it with their central nervous systems, and how to convert it into Psy·Cosmic Rays and fire them out *at will* to perform their miracles. You will be taught these secrets now.

How to Acquire Psy·Cosmic Ray Power

There is reason to believe, according to the physicists, that X-rays and cosmic rays are commonly discharged out of remnants of new celestial bodies, and that these emit both types of rays

because of their synchrotron discharge (that is, they follow up each one of their normal discharges of electrons with a much faster-moving one). Rocket observations so far also indicate that celestial X-ray sources are largely confined to the galactic disc, and that they are concentrated near the galactic center. (Our galaxy is the Milky Way which you can easily see.) That indicates that the majority of X-ray objects seen up to now are galactic, or emanate from the center of our galaxy. But in the galactic center there are also neutrino stars: stars only ten miles or so in diameter, but which are so compact that they weigh many tons per cubic inch! Searle discovered that neutron radiation has an inescapable effect on heredity, an effect (with mice) twenty times greater than that of gamma rays, and five times that of X-rays. All these radiations are flashed into you from the stars. But the neutrino rays, the sources of the Psy·Cosmic Rays, are so much more powerful than any of the others because the neutrino stars which emit them are divested of their electrons at their cores, and the ether between their molecules emptied, leaving them actually crammed tightly against each other. Several billion neutrino rays pass through your body each hour and pour into the earth during the day, and pour back out of it at midnight. *These* are the rays which your body has to absorb in order to create miracles of electromagnetic power, for *these* are the rays of the highest energy power-packets. *That* is the secret power in the center of the galaxy which the Egyptian psychic master extracts and converts into Psy·Cosmic Rays. You will be taught now the carefully guarded secret of how he does it.

The Carefully Guarded Secret of the Ancient Egyptian Master

In order to absorb more neutrino rays (the highest energy power electrons) with your body and acquire Psy·Cosmic Ray power, you have to magnify the receiving capacity of your message-bringing nerves with pyramidal tract facilitation. In corresponding layman's language, you have to

(1) increase your body's absorption of the highest energy electrons (neutrino rays) from the center of our galaxy by means of your sensory (message-bringing nerves) power;

(2) and do it by putting these nerves under the influence of your motor (*muscle*-commanding nerves) *before* the light energy they are absorbing reaches your conscious and subconscious minds.

Since there aren't as many motor-commanding nerves as message-bringing nerves, that will nearly double the amount of light energy which your central nervous system will absorb from outer space because nearly twice the amount of nerves will be involved in the absorption.

An experiment was performed in the laboratory with a cat and it was found that impulses sent to its brain moved to it much easier when helped by the pyramidal fibers (or by muscle-commanding nerves). That held true even when the impulse was sent by any of its senses such as those of touch, temperature, pressure. Not only that, but the help of the muscle-commanding nerves even *increased* the receiving field of the message-bringing nerves. That was an amazing discovery, for it meant that the nerves which carried commands OUT OF the brain and spinal cord, greatly aided those that BROUGHT MESSAGES INTO the brain and spinal cord. *That* was the key of the carefully guarded secret of Psy·Cosmic Ray power which the Egyptian magicians had kept concealed for so many thousands of years, even though they had not understood it scientifically. *That* is the carefully guarded secret technique which you will be taught how to do next.

How to Absorb the Secret Power from the Center of Our Galaxy and Convert It into Psy·Cosmic Ray Power

In the human, the receiving (or absorbing) capacity of the message-bringing nerves seems to be magnified specifically through the pyramidal tract facilitation of a particular set of nerves in the cuneate nucleus of the *medulla oblongata.* Your medulla oblongata is the prolongation of your spinal cord into

your brain. It is cylindrical, about one-inch long and is located behind, and below your brain, just above the floor of your skull. The cuneate nucleus is a large mass of gray substance located in a posterior message-bringing nerve column running up from your body through your spine to the back of your medulla oblongata. (See Illustration 10.)

It receives the messages of conscious and unconscious muscle sense which the nerve column brings to it from different parts of your body. The pyramidal fibers (the muscle-commanding nerves) themselves exert a brief and weak effect on the cuneate nucleus, but they help your message-bringing nerves bring their messages to your brain by exciting a particular set of neurons in your cuneate nucleus. So, learn how to use your pyramidal tract facilitation *consciously* and enable your message-bringing nerves to absorb considerably more neutrino rays for your brain and spinal cord to convert into Psy·Cosmic Rays.

Sit with your right hand in your lap, its palm open and facing up. Close your eyes to increase your power of concentration, and pass a fingernail of your left hand across the middle of the open palm of your right hand. You will experience only a slight sensation. Do it again, but this time visualize *very clearly* that sensation as being suddenly intensified at the back of the base of your brain. If you don't get immediate results, keep doing it. It will condition the pyramidal tract (your muscle-commanding nerves) *to* your palm to prolong and intensify its effect on those unidentified neurons in your cuneate nucleus which facilitate the transmission of messages in the message-bringing nerves *from* your palm *before* they reach your conscious and subconscious minds.

Repeat the exercise with another part of your body: say, with your forearm, your bare knee or calf. But remember NOT to concentrate on the part you are stimulating, but on the *back of the base of your brain—and to feel the sensation there!* You will feel FAR LESS sensation there at first, because you are accustomed to "feeling" it on the very part that you are stimulating. Actually, though, you NEVER FEEL it on the part, but in your *conscious mind!* You only *think* that you feel it on your palm, forearm or bare knee. If you were unconscious you would feel nothing! To feel it genuinely in your conscious mind you have to

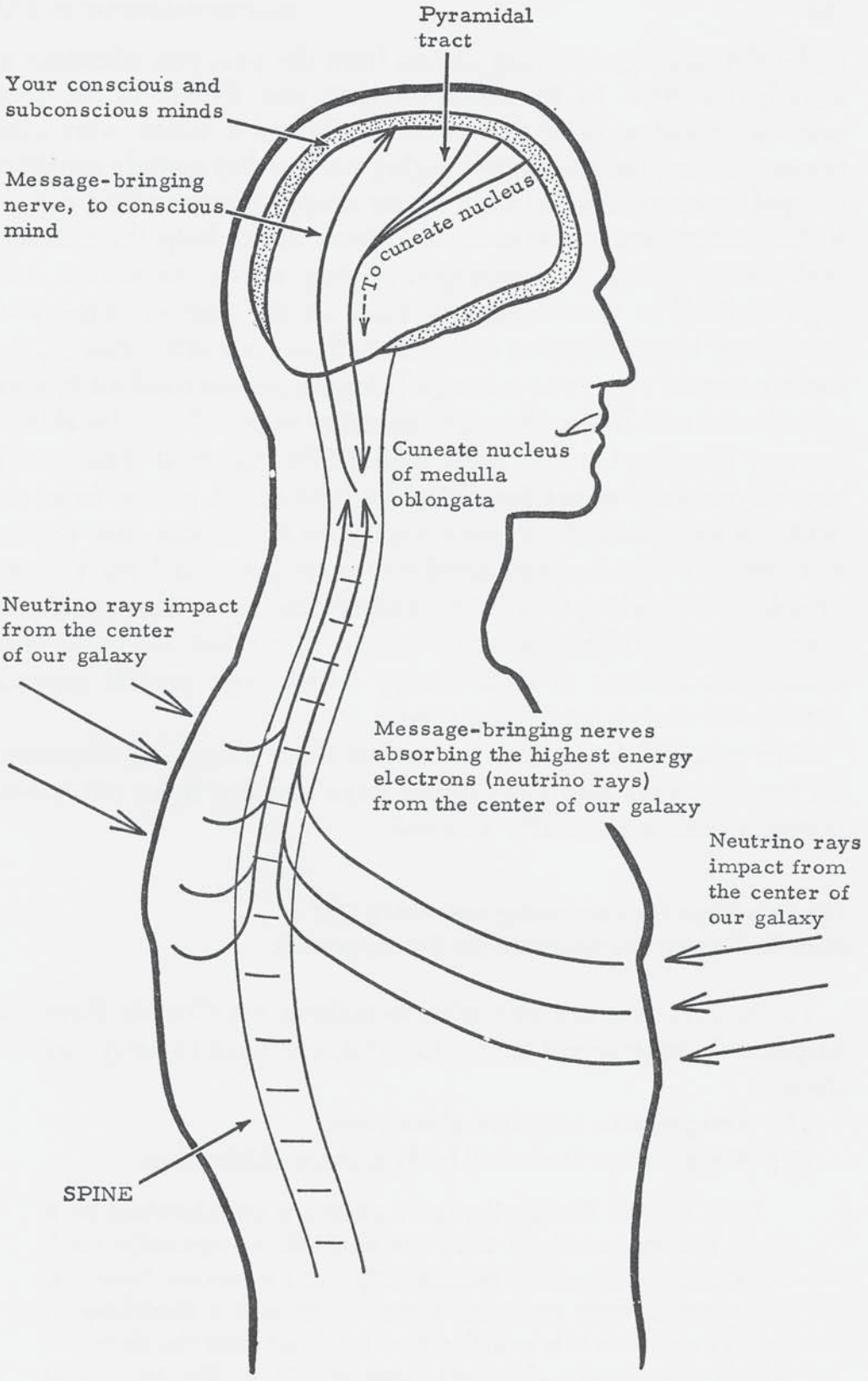


Illustration 10.

IMPACT OF NEUTRINO RAYS ON BRAIN AREAS

make the message-bringing nerves from the part you stimulate so acutely sensitive to its sensation that you FEEL IT in your nucleus cuneatus, since that *is* the nucleus of a message-bringing nerve. Making the message-bringing nerves that acutely sensitive compels your pyramidal tract (your muscle-commanding nerve) to that same part to strain itself to *facilitate* or help the message rush faster along the message-bringing nerve, so that it can register itself in your conscious mind all the sooner. Since your nerves are better electron conductors than your other tissues, the more neutrino rays your message-bringing nerves conduct to your spinal cord and brain, the more neutrino rays will you be able to convert into Psy·Cosmic Rays with ESP+ Control! That is the psychic master's secret for absorbing the secret power from the center of our galaxy for converting it into Psy·Cosmic Ray power. Practice this exercise and condition your pyramidal tract (your muscle-commanding nerves) to magnify the receiving capacity of your message-bringing nerves at your will, so that you can nearly double the amount of light energy which your central nervous system will absorb from outer space.

Now you will learn how to *convert* these absorbed, all-powerful neutrino rays into Psy·Cosmic Rays and fire them out unsuspectedly with secret ESP+ Control.

The Two Steps for Converting and Firing Out Miracle-Making Psy·Cosmic Rays Unsuspectedly

To convert and fire out miracle-making Psy·Cosmic Rays unsuspectedly with secret ESP+ Control, you have to carry out two steps:

(1) You produce negative absorption.
(2) You produce the astral body surface-thickening.

> First, Step 1. Ordinarily, more electrons are absorbed by a body (yours included) than are emitted. An optically thick body can consequently radiate only from a surface layer (or you yourself from your skin layer) because it is absorbing so much more than it is emitting that it cannot emit the electrons which are already absorbed deep within it. But in certain situations such as a maser, it can emit (radiate) *more* than it

absorbs. That is known as *negative absorption,* or emitting *more* than it absorbs, and it makes a revolutionary change in the radiation power which any body can fire out.

Negative absorption is possible when there are more higher-energy electrons in the body than lower-energy electrons, for then the higher-energy electrons will shoot themselves out of the body, no matter how deeply absorbed they are, to even up the disproportion between them and the lower-energy electrons. With pyramidal tract facilitation you can at last absorb some of the higher-energy electrons from outer space, but you have always absorbed a tremendous amount of low-energy electrons from it. In order to convert the higher-energy electrons in your body into Psy·Cosmic Rays, you have to absorb *more* of them than of lower-energy electrons, so that their excessive quantity will shoot out of you to even up the disproportion between them and that of the lower-energy electrons. The more higher-energy electrons you absorb, the greater quantity of them will shoot out of you, and the greater will be your Psy·Cosmic Ray power. The psychic master can absorb an unbelievable amount of higher-energy electrons more than of lower-energy electrons, and can thereby release an element-transmuting power akin to that of the atom smasher. (See Illustration 11.)

Now, Step 2. To emit still more electrons with Step 1, you produce immediately after, the astral body surface-thickening. By increasing the surface layer thickness of your body, STILL MORE radiation (still more higher-energy electrons) will leave it than enter it because your body will then emit more easily those higher-energy electrons which it has not yet absorbed deeply, but only on its surface. The thicker its surface layer, besides, the more higher-energy electrons it will absorb *on its surface* and be ready to emit again. But since you cannot increase the thickness of your skin enough for that purpose, you have to achieve that purpose by increasing the all-over *surface layer* thickness of your body by means of astral body surface-thickening.

With those two steps combined you will both *absorb* and *radiate* more higher-energy electrons than lower-energy electrons, and your electromagnetic power will alter as dramatically as that of an empty cannon after it is converted into a powder-filled firing cannon. When you consider how potent Psy·Cosmic

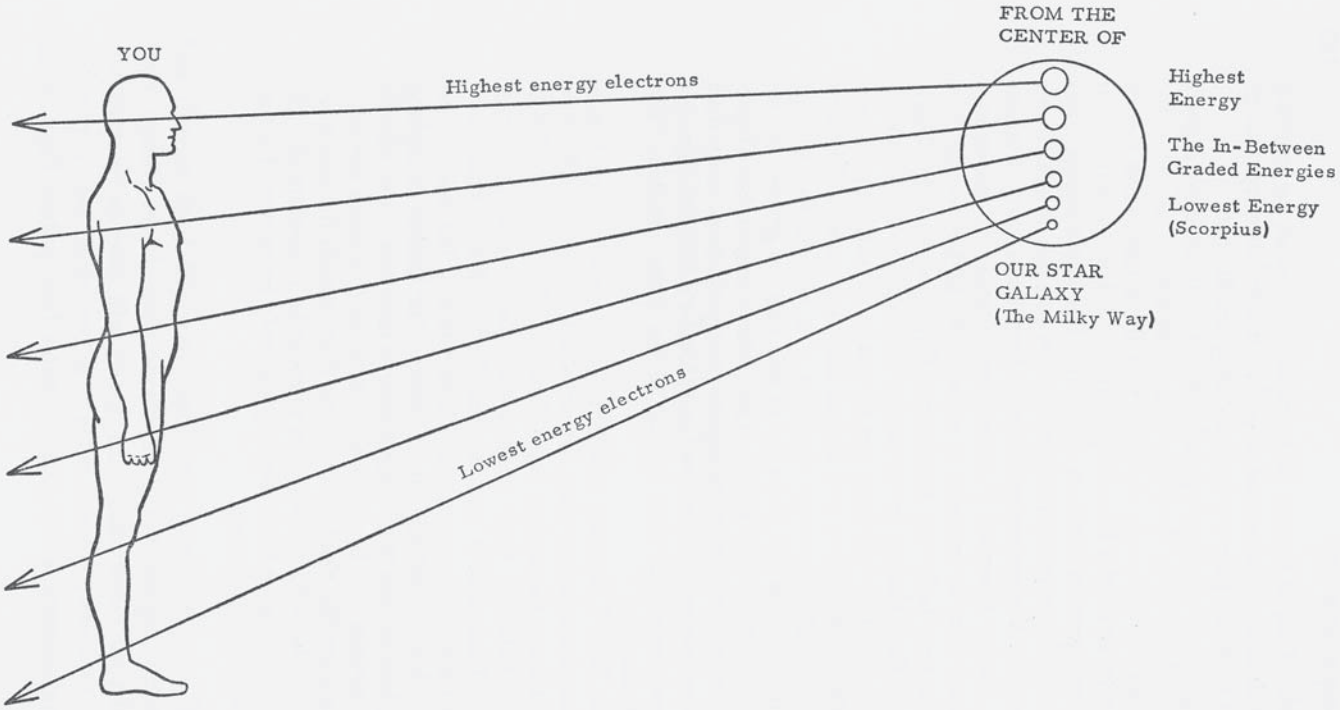


Illustration 11.

THE THREE GRADED GALACTIC ENERGIES
(ALL FLASHED THROUGH EVERY PART OF YOU.)

Rays are, you need to fire out only a trifling amount of them to alter your electromagnetic power miraculously. Look what a seemingly insignificant physical change is brought about with ordinary light by merely setting its diverging rays parallel to each other. And yet, by doing so, laser light is created—a light beam so powerful that a tiny stream of it can cut through thick steel in a jiffy.

How to Execute the Two Steps to Convert and Fire out Miracle-Making Psy·Cosmic Rays

Now you will be taught how to practice and master the two steps for converting and firing out miracle-making Psy·Cosmic Rays unsuspectedly with secret ESP+ Control.

Step 1. In order to absorb with your body more higher-energy electrons than lower-energy electrons, throw yourself into a joyous, ecstatic state, so that you will secrete still more acetylcholine at your Nerve Gaps and thereby stimulate your pyramidal tract (the muscle-commanding nerves of your whole body) to facilitate the message-bringing nerves of your whole body to absorb still more higher-energy electrons (or neutrino rays.) Concentrate all sensation at the base of your skull and truly help your pyramidal tract to increase the neutrino ray absorption by your body.

Step 2. Immediately after, produce astral body surface thickening to increase the surface layer thickness of your body. To do so, shut your eyes and visualize yourself surrounded all around by a layer of skin six inches thick. Visualize it so clearly that you actually feel the added warmth of this extra layer of skin pressing into your own skin. With PSYCHASTRA, "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route to your conscious and subconscious minds. With the successive inhibitory-excitatory sub-trance (fill yourself with the overwhelming conviction that you CAN develop such a thick layer of skin all around you at once), let your brain secrete the appropriate unknown chemical substance (x) with which to project out of you the right astral force and form necessary to alter your astral body flow with the right astral force

and form necessary to create such a skin at once. Then project your altered astral body flow out of you through your Psychastral Route. Accompany the projection with a power-packet blast (feel exuberant) to facilitate the flow rushing across your Nerve Gaps. With the Multidiv, expect your altered astral body flow to create a layer of skin six inches thick around you *immediately*. Visualize it doing so, and feel that six-inch-thick skin actually mushrooming out all around you.

You will have converted neutrino rays into Psy·Cosmic Rays, and your electromagnetic power will be multiplied to miracle-making proportions. You now just have to beam your Psy·Cosmic Ray upon whatever you intend to perform a miracle, and order it to perform the miracle you want it to, as the psychic master does, and it will perform it.

How a Mystic Master with Psy·Cosmic Ray Power, Caused the Walls of his Prison Cell to Crack

In India the energetic Lord Dalhousie was governor-general at one time. Good government, he held, was preferable to self-government, and so he extended direct British rule over a number of princely states on the grounds that they were plagued both with misgovernment and with a lack of direct heirs of the ruler. The latter ground infuriated the Hindus, because Indian law allowed the heir to be adopted and to possess all the rights of a natural heir. Lord Dalhousie annexed Oudh and several other states because none of them had a natural heir. The speed of Dalhousie's reform alarmed many Indians, for it ruined many landowners, and many others feared a similar fate. Zoombalaki was a psychic master and brother of one of the outraged, dispossessed landowners. His brother Zantibundi had allowed Zoombalaki to carry on his mystic existence undisturbed on one of the hills of his estate; and when the British dispossessed his brother, Zoombalaki refused to leave the hill, protesting vigorously that it belonged to his brother. As a consequence, Zoombalaki and his brother and about twenty other rebellious landowners were jailed in an old, abandoned, dungeon-like, thick-walled temple. Miserable portions of decayed food were cast to them through a small opening in a high window which admitted hardly any light. Day

after day they bemoaned their fate, starving to death in the darkness and filth.

But Zoombalaki would not accept that fate, and he drew the twenty of them around him and said, "Do as I bid you to, and we'll all *escape,* not die."

He had them gather, from the thick debris upon the gutted temple floor, seven ram's horns. "Now," he told them, "we'll invoke the seven astral planes (or energies), one every night for seven nights."

That night Zoombalaki had seven of them put the seven horns to their mouths and blow on them at the lowest pitch they could. As they did so, Zoombalaki concentrated on the base of his skull and filled his body with Psy·Cosmic Ray power absorbed and converted from the center of our galaxy. The same procedure was repeated for six nights straight, with the ram's horns being blown at an increasingly higher pitch each night. Each time Zoombalaki concentrated on the base of his skull and filled himself with still greater and greater amounts of Psy·Cosmic Ray power absorbed and converted from the center of our galaxy.

On the seventh night, all twenty followed Zoombalaki's instructions to the letter. The seven blew the ram's horns at the highest pitch they could, to make it deafening. The other thirteen immediately let loose a piercing shriek. At the very same time, Zoombalaki threw himself into an ecstatic state to fill himself to explosiveness with Psy·Cosmic Ray power absorbed from the center of our galaxy. He "sucked in" his mind-navel ether and drew in his astral body flow up his Psychastral Route to his Third Eye. Then he thickened his astral body around him, to surround himself with a leg-thick layer of astral skin. His Psy·Cosmic Ray power instantly multiplied to miracle-making proportions, for he was now discharging from his body considerably more outer space power than he was absorbing. He now fired this overwhelming excess of Psy·Cosmic Ray power at the walls of their prison and visualized them immediately splitting and gaping with holes.

The deafening roar of the seven ram's horns together with the piercing shout, in that tight enclosure, accompanied by the simultaneous firing out of Psy·Cosmic Rays by Zoombalaki, caused an astronomic concentration to raise the pitch of the discordant horn sounds all the way up to infinite frequencies, or into the

ultrasonic region out of the audible range of human hearing. The sound pressure, as a result, increased much faster than time progressed. The growth of loudness is proportional to the growth of time, providing that the intensity of its stimulus grows as a power of time ($L^{\cdot 67}$). But by increasing the sound pressure much faster than the growth of time, Zoombalaki had broken the quanta (the energy or power packets) for the highest pitch of sound, and so it rose to infinite frequencies and resulted in a shrill vibration which struck the walls of the ruined old temple like a clap of thunder within, and created an ultrasonic catastrophe, like a sonic boom our jet planes generate. The walls cracked and showered down debris. Zoombalaki and his companions clambered to the window, pushed out enough cracked wall to enlarge the opening, leaped out and fled under cover of the darkness, into the wilderness.

How Upclintu, with the Magic Power of the Siddihis, Created Cosmic-Ray Eyes and Looked Through the Ground and Detected the Fabulous Vein of Gold

The East Indian prophet Upclintu fled, with his brother-in-law and his sister, from the psychic master hide-out in India to California during the California Gold Rush to use the magic power of the Siddihis (which is also a secret of PSYCHASTRA and which he had also stolen from the psychic masters) to locate a gigantic vein of gold. Upclintu aspired to be a big landowner, like a minor maharajah. With the magic power of the Siddihis a psychic master could read from closed books, sealed letters, see through the densest soil, peer far down into the depths of the earth and discover veins of coal, oil and other substances. He performed those miracles by acquiring Cosmic Ray Eyes.

Upclintu and his party wandered across a chilly, mountainous area miles from San Francisco, waiting for the fog to rise before searching for their share of the staggering treasure concealed in the bowels of the earth. It was a wild, lawless country, with greedy-eyed prospectors all around, gripped with the "gold rush" fever. Every now and then Upclintu paused and stared through the ground, while his two companions waited excitedly beside him. Upclintu's scientific knowledge was limited, but the psychic

masters had taught him that there was a natural, common bond in the composition of everything in nature (radioactive C^{14} *is* found in everything), and that this bond could be intensified with the forces from stars (Cosmic Rays) by filling himself to bursting with joy.

> (The psychic masters were right again, for that would stimulate Upclintu's parasympathetic nervous system, and that nervous system controls the amount of potassium in the body, and potassium is the *only* radioactive element which is an actual part of the body composition. C^{14} is only a radiation element in the body, brought into it from the incessant bombardment of the outer space rays. But potassium emits only *b*-rays, and these can pierce through anything. No other substance in the body has been found to take its place, not even radioactive substances emitting X-rays, like C^{14}. Its contents in the body are controlled by the parasympathetic nervous system (the loving nerves), just as those of calcium in the body are controlled by the sympathetics (the fighting nerves.)

Upclintu waited until the fog lifted, to enable them to describe their claim exactly at the registry office after they found the rich ore. Then they drifted through the blistering sun and Upclintu threw himself into a state of ecstasy and concentrated his joy (his potassium) *in his eyes.* Scientifically, that immediately magnified the receiving capacity of his message-bringing nerves with pyramidal tract facilitation and absorbed more *outer-space prana* (more highest-energy electrons), than *closer-space prana* (low-energy electrons) from the center of our galaxy, and concentrated them in his eyes. Then he created a six-inch-thick astral body skin around him, to radiate more outer-space prana (highest energy electrons) than he was absorbing, and stared at the ground. The Psy·Cosmic Rays he had created being so many times more powerful than X-rays, pierced *between the molecules of the earth structure* so thoroughly that he could detect the worms crawling through it far down. But he saw no gold. Three days later, though, he perceived a gigantic vein of the yellow metal about thirty feet down. Gold, too, contains C^{14}, and so it was contacted by the C^{14} ions in Upclintu's own body. Upclintu had found the rich vein of ore with the magic power of the Siddihis.

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key to secret ESP+ Control over their miracle electromagnetic power. With that touch of PSYCHASTRA, they have seized control of the invisible forces flashing all around them in the air and let them perform incredible miracles for them. Following are some typical examples. The names of the individuals and of the places have been changed.

How a Daring Young Man Flew Alone Across a Small Continent Shortly After Lindbergh with an Inadequate Plane and Established an Airline

Aguinaldo was an ambitious 21-year-old man about the time Lindbergh made his epochal flight across the Atlantic. He lived with his father, a butcher of moderate means in the small Central American Republic of Latanta. Aguinaldo felt destined for big things. He shrewdly envisioned the growth of airline industry in potentials of air transport in undeveloped Latin America. The only trouble was that airplanes were considered unsafe, particularly since some airmen who had attempted to fly across the Atlantic after Lindbergh, had suffered disaster of various kinds. But Aguinaldo was convinced that *he* could make a daring flight successfully, gain the fame of a Lindbergh locally, and use it to launch a national air transport line with the financial support of the citizens.

Over and against the cautions of his family and friends, Aguinaldo studied in a flight school in the United States for a couple years, and then obtained enough backing from his family and friends to purchase a used, somewhat battered plane. Nothing could change his mind now.

The day came when he set off on his perilous journey of more than 1,000 miles, from a northernmost Central American republic, to Latanta. He zoomed to the skies amid the plaudits of the multitude and was soon lost in the clouds. One hazard after another beset him as he winged his way south over shark-infested ocean and impenetrable jungle. Whenever the hazard was me-

chanical, he corrected it with hands that brimmed with confidence that he could repair anything, even if he did not exactly know what was wrong. Whenever he was hopelessly lost in the clouds and turned this way and that to elude hurricane-like winds and his compass failed to work, he stared fiercely at the clouds with his Cosmic Ray eyes, and ordered them to open for him. And, miraculously, they parted wide for him. A certain unchallengeable power, he knew, was fired out of his brain during such perils, and overcame everything in his path. He instinctively made use of the cosmic secret which you can use deliberately.

Aguinaldo descended at his destination in Latanta and was a national hero. Funds poured in from the natives, following his request for financial support to launch a national air transport. Over the years his airline grew with the rapid growth of the country, and repeatedly added planes and routes, as well as passengers and cargo. Thirty years later he was a millionaire. And he had done it by making that epochal flight in an old, battered plane, using his secret ESP+ Controlled miracle electromagnetic power.

How Blind Ernie Bancroft Rode His Bicycle for Years Safely Through the Traffic-Jammed Streets of a Big City, Without an Accident

Young Ernie Bancroft was totally blind and was consequently widely restricted in his activities. But he refused to accept his fate and was totally convinced that he *could* get around without a cane, or a seeing-eye dog. He felt, indeed, that he could even drive a bicycle—even through traffic—without his sight. He felt so because, while walking around the house, he had noticed that by making certain clicking sounds in his throat he could tell the position of different pieces of furniture by "sounding" it with his ears. He just listened to the echo of that sound after it bounced back from the furniture, and from that he calculated its distance from him. Why couldn't he do likewise on the sidewalk, he asked himself, or even while riding a bicycle?

Ernie learned to ride the bicycle and tried it on the sidewalk. He had no success hearing any "sound clicking." But his confidence in his own ability was superhuman and, like the mystic,

he soon intensified his own hearing acuity *many times* that of the normal person. At the same time he tremendously reduced the barriers of inattention caused by the natural terror of being run over if he failed to hear "right" in the midst of traffic. Before long, Ernie Bancroft was riding all around the city, easily keeping out of the way of the people, trees, light poles and automobiles with his suddenly acquired "radar." And he had achieved it all with a touch of secret ESP+ Controlled miracle electromagnetic power.

SUMMARY OF THIS SECRET POWER

ESP+ Control over your miracle electromagnetic power is the most effective miracle power for seizing control of the invisible forces flashing all around you in the air, and performing the most incredible miracles with them. In order to master it most easily, pursue the following steps:

Step 1. First of all, multiply your own electromagnetic power with the astral synchrotron. To do so, create sheets of space-charge electrons in your normal low-frequency magnetic field and periodically explode much-faster moving electrons behind them to bombard them and accelerate them and multiply their magnetic moment.

Step 2. To synchronize your electromagnetic power into miracle power, convert it into Psy·Cosmic Rays. To do so, absorb the secret power from the center of our galaxy by magnifying the receiving capacity of your message-bringing nerves for the highest-energy electrons from outer space (the neutrino rays), with pyramidal tract facilitation (or by feeling the absorption taking place at the base of the back of your skull.)

Step 3. Then increase the layer of thickness of your skin with a six-inch-thick astral body surface-thickening, so that you fire out more highest-energy electrons than you absorb. That is how you create Psy·Cosmic Ray power.

Step 4. With the Multidiv, expect to perform the greatest miracle you hope to with Psy·Cosmic Ray power, in the quickest time you wish to.

You will have acquired a most baffling and powerful miracle power—one with which the Egyptian magicians (psychic masters) duplicated instantly most of Moses' stupendous miracles.

11

Power over the Natural Elements

Achievements Resulting from Your Locking Control over the Natural Elements

By exerting miracle power over the natural elements, you can seize control over the forces of nature and compel them to do your bidding. From time immemorial mystics, psychic masters, and even so-called witches and others have been known to control the weather at will, to bring on lightning, and even to prolong the day and divide the waters of rivers and small seas, with a mere command. Primitive tribes have brought on rain to save their sun-scorched crops. Some have lighted the way for their followers at night in the wilderness by creating fires in the sky. Others, like Moses in the desert or the wilderness, have even brought down food from the sky to feed themselves and their followers or companions, or have been fed in such crises by strange birds, as stated in sacred writings.

Others, in the thick of battle in modern times, have plunged into the midst of the fray and, while most of the combatants fell, they themselves came out unscathed. Others have defied extreme temperatures and sat naked in the snow for days and *perspired.* Still others have proved to be *un*burnable by fire, even when cast into the hottest furnaces to roast alive.

As astounding as all this sounds, just remember that so much of what seems momentous to you on earth is far less significant than you think in the nuclear and atomic world! As significant as the forces of gravity seem to you on earth, for instance, in the atomic

and nuclear world (which is not only all around you, but it consists of that of which *you yourself* are composed) they are insignificant, being some 10^{50} times smaller than electric and magnetic forces. And since you *can* acquire miracle electromagnetic power, your control over forces of gravity can be made so considerable that you can alter them as you wish for your own desires. According to Einstein's Relativity Theory, too, the mass of an object can be detected only if it moves. *And,* also according to Relativity an object moving at the speed of light will lose *one-half* its length! As absolute as the mass (size, in this case) of the object seems to you then, by just moving it at a different speed you can reduce its length by half! Even in the atom itself, everything is not so "regular" as you assume, for the velocity of electrons within the first orbit of the hydrogen atom, for instance, is a little less than 1 per cent the speed of light, while that inside heavier atoms is considerably greater. You can acquire miracle power over the natural elements because you *can control* their atomic and nuclear worlds and thereby dominate their physical and chemical interactions. That is why stupendous achievements can result from locking secret ESP+ Control over the natural elements. So, study this miracle power well and prepare to demonstrate it.

The Secret of Speeding up a Chemical Reaction

An atom is composed of a nucleus in the middle, with rings or orbiting electrons around it. The nucleus does not stand still, but oscillates within the framework of the atom because it has a positive (+) electric charge, while the orbiting rings of electrons around it have negative (−) electric charges. The nucleus contains protons with (+) charges, and neutrons without charges. The nucleus is therefore being constantly attracted first to one side, then to the other, of the electron orbit. Now, if a *neutron* is added to the positive-charged nucleus, the positive charge of the nucleus is immediately decreased in proportion to the added *neutral* charge of the neutron; hence, the nucleus becomes not only heavier, but also slower and less widely moving because

it has less positive charge in proportion to what it had before, with which to respond to the opposite attraction of the negative-charged electron orbits around it. It therefore oscillates more slowly and less widely and will therefore be *less* responsive to chemical reactions. It could then, indeed, slow down the chemical reaction rate of the atom by as much as *ten times.* By the same token, if you did just the opposite instead and *removed* a neutron from the oscillating nucleus of the atom, you would leave the nucleus lighter and increase the speed and the swing of its oscillations because it will now have *more* positive charge in proportion to what it had before, with which to respond to the opposite attraction of the negative-charged electron orbits around it.

By removing *two* neutrons successively from the oscillating nucleus, with the first neutron increasing the speed and the swing of the oscillations ten times, and the second neutron by another ten times, the resulting increase would be one hundred times (or ten × ten). By removing three neutrons from the oscillating nucleus, the resulting increase would be one hundred × ten, or one thousand times, or that of a miracle. If you could remove these three neutrons from the nucleus in the time period of one second, you could bring about a chemical change in it which could otherwise require normally, say, one hour, or 3,600 times slower. Such a tremendous speeding up in a chemical reaction (and much greater than that still!) can be brought about with secret ESP+ Control and thereby bring about a demonstrable "miracle" of physical changes.

How to Speed up a Chemical Reaction 10,000 Times

Sit alone in your room and stare into the air. A considerable proportion of the air consists of nitrogen. Decide to transmute it into lighter nitrogen atoms, as is done in the laboratory. But you are going to do it with secret ESP+ Controlled Psy·Cosmic Rays.

1. First of all, visualize the atoms of the nitrogen in the air before you, with the nucleus in each one oscillating gently back and forth within it.

2. Now acquire Psy·Cosmic Rays, as you have already been taught. (Emit more highest-energy electrons than you absorb.)

3. Then fire them out at the air.

4. With the Multidiv, expect them to split the nuclei of the nitrogen atoms in the air around you and knock one neutron out of each.

5. Then visualize the nucleus within each nitrogen atom oscillating *ten times faster* and swinging *ten times wider* between the orbits of its electrons around it, than before.

6. Wait five seconds. Then repeat the first three steps. But in Step 4 visualize this time the nucleus of each nitrogen atom oscillating *one hundred times faster* and swinging *one hundred times wider* than before.

7. Wait another five seconds. For the third time, repeat the first three steps. But in Step 4 visualize this time the nucleus of each nitrogen atom oscillating *1,000 times faster* and swinging *1,000 times wider* than before.

8. Wait another five seconds. For the fourth and last time, repeat the first three steps. But in Step 4 visualize this time the nucleus of each nitrogen atom oscillating *10,000 times faster* and swinging *10,000 times wider* than before. . . . So fast and wide that you feel as if you are sailing through the air by just watching.

You will not master this exercise in a hurry. Psychic masters take time to do it. BUT—it is the scientific remodeling of their carefully guarded Psy·Cosmic Ray secret for acquiring miracle power over the natural elements, because it enables them to speed up chemical reactions in them up to 10,000 times! A few rare psychic masters can even speed them up to 100,000 times, or another notch. Such men can *move mountains.* But by mastering it even slightly, you yourself can perform wonders, as you will see.

How One Element May Be Changed into Another

With ESP+ Controlled Psy·Cosmic Rays, the psychic master can change one thing into something else entirely in an instant. He can turn air into grain or into fire, a clear sky into clouds, halt the flow of a river and much more. He achieves those miracles

simply by transmuting one element into another. An element is just an atom with a nucleus containing between one and ninety-two positive (+) electric charges. To produce transmutation of an element (or to change one element into another) you just have to change the number of positive (+) charges in its nucleus. In the laboratory this can be accomplished by shooting the nuclei of hydrogen and helium into the nuclei of other atoms with certain complicated equipment—except with the "heavy" elements. But the "heavy" elements can be transmuted also by shooting *neutrons* into their nuclei, while the neutron can be knocked out of the nuclei of certain atoms (probably beryllium) simply by shooting the alpha rays of radium into them. The psychic master can do likewise with secret ESP+ Controlled Psy· Cosmic Rays, since their micro-cosmic rays are so much stronger than the rays of radium (X-rays). He performs it with exactly the same technique with which he speeds up a chemical reaction 10,000 times, which you were just taught. You will be shown instances now of him using it to perform miracles with the natural elements. Study them well, and follow directions carefully.

How the Prophet Samblangi Brought down Nutriment from the Sky in the Wilderness to Feed Himself and His Starving Disciples

The psychic master Samblangi was staggering along for days through the arid wastes of Rajasthan with his disciples. All were starving to death, for there was no food to be had. The numerous villages they drifted past, with dilapidated huts for dwellings, were poverty-stricken, and the lean and hungry inhabitants proved hostile. Samblangi's group hoped to reach the moist forests, which were studded with wild mango trees, but these were too far away for them to reach in sufficient time.

Finally Samblangi stared at the sky and visualized it turning into some form of grain, waiting to fall and feed them. (The dust in the air contains some carbon, aside from hydrogen and oxygen, etc. Grain is a carbohydrate, and so it always contains those three elements. But it contains them in a different form and proportion and chemical combination than they are found in the sky.)

Samblangi took a slow, deep breath and visualized himself being filled with the power flashing all around him in the air. Then he surrounded his body with a thick layer of astral skin to prevent any more of that power flashing all around him in the air from filling him, so that he was now absorbing *less* of it than he was losing. Thus he created Psy·Cosmic Rays. At once he blasted them to the sky and visualized a small area of it turning into bread. He repeated the whole procedure a few seconds later, visualizing the small area of bread in the sky expanding. After he repeated it the third time, a faint spot actually appeared in the sky, about 300 feet above them. Twice more Samblangi repeated the whole procedure, and by then the spot was thick and grayish. Within a few minutes something fine and flaky dropped from the sky, first thin and then thicker and covered the earth immediately around the tottering men. Samblangi called on them to gather it and devour it.

It turned out to be a species of grain or manna which none of them had tasted before. With secret ESP+ Controlled Psy·Cosmic Rays, Samblangi had saved the lives of all by creating a species of grain—an isotope of grain—by knocking out a neutron from the C molecule and allowing it to combine with hydrogen and oxygen much faster than it would otherwise. This must have been the same process as when the prophet lifted his eyes and fed the multitude as told in the Bible.

How Gantektu Prolonged the Day to Enable Him and His Adepts to Reach Safety Before Sundown and Escape the Dangers of Their Perilous Journey

The psychic master Gantektu and his disciples were plowing their way through the hills and land valleys of the vast and strange country of Assam, after a long trek from Lhasa to see a noted "Lama." Their clothes were moist from the incessant rainfall, and they were stifled by the encroaching forests. They hoped to reach the safety of Jido by sundown, for the forest abounded with wild elephants, tigers, bears, leopards, rhinoceros and other beasts. But sundown was near, and Jido was still two hours away. There was but one thing to do, Gantektu decided. He had

to *prolong* the day for at least another hour or more by means of his psychic powers.

So he stopped and marked the sun as it reached the horizon, and visualized its rays *bending around* the horizon as the sun descended.

He took a slow, deep breath and visualized himself being filled with all the power flashing around him in the air. Then he surrounded his body with a thick astral skin to prevent anymore of that power from filling him, so that he was now absorbing *less* of it than he was emitting. He had created Psy·Cosmic Rays, and he blasted them at the horizon and visualized them *pulling* the rays of the sun around it to meet them.

Four seconds later, he repeated the procedure as more and more of the sun disappeared from view. By the fourth time he repeated it, the sun had disappeared, but its rays still shone on them and lighted the way before them! With a cry, they raced for Jido. Every now and then they looked back. The skies were as dark as night everywhere—except that a ray of light still reflected off the horizon and lit their way ahead. It faded *after* they had descried Jido in the distance and could still run for it in the shady dark. Gantektu had prolonged the day with secret ESP+ Control over the natural elements.

How Kantabinda Divided the Waters of the Crocodile-Infested River and Made a Pathway for Himself and His Followers to Cross Safely to the Opposite Bank

Kantabinda, an East Indian yogi, had migrated to Egypt with five followers to meet a renowned Egyptian psychic master. The group suddenly were stopped by a river (probably a tributary of the Nile) infested with crocodiles. It was too long to pursue it to its source, and they were weary, too. They argued over what to do, but Kantabinda assured them that he had the solution.

He paused and contemplated the water, then turned and stared east. He took a slow, deep breath and visualized himself being filled with all the power flashing all around him in the air. Then he surrounded his body with a thick layer of astral skin to prevent anymore of that power from filling him, so that he was now

absorbing *less* of it than he was emitting. He had created Psy·Cosmic Rays, and he blasted them at the horizon and visualized them creating a hole (a vacuum) in the sky. Four seconds later he repeated the procedure and visualized a bigger and longer hole in the sky. By the fourth time he repeated it, he "sucked" to himself all the air he could through the visualized hole (vacuum) in the sky, as fast as he could draw it to him. A strong, but narrow east wind poured through it at once, blowing straight towards him from the sky.

Kantabinda turned and smote the surface of the river with his hand. Blowing fiercely now, the narrow wind kept intact the shallow depression which Kantabinda's hand had made on the water. He immediately ripped a Psy·Cosmic Ray power-packet into the shallow depression and visualized it, with its explosive prana, slicing the surface of the river like a knife, straight across to the opposite bank.

(Water itself is neutral in its electric charge, being neither positive nor negative, but now the waters on each side of the hollow acquired negative (—) charges from the highest-energy electrons of the Psy·Cosmic Ray power-packet, and so each side repelled the other.)

Kantabinda shot another Psy·Cosmic Ray power-packet at the hollow in the water and widened it still more. By the time Kantabinda had fired out the fourth power-packet of Psy·Cosmic Rays, the river had deepened so much in the hollow that about a meter-wide strip of dry land appeared below, walled in by the divided body of water.

(The water from the upper part of the river, in other words, had reversed its flow and flowed *backward* to counteract its natural seaward flow and had thereby created a gap or division in the body of water. Its flow was reversed because the upper part of the river had acquired a *negative* inertial mass, while the lower part of it continued to flow toward the sea with a normal inertial mass. According to Gamow, however, a negative inertial mass corresponds to *nothing* observed in nature. If such a mass existed it would rush along in the *opposite direction* to the normal because a negative physical force would be acting on it. The negative inertial mass of the upper part of the river, in other words, would rush (and it did) in the *opposite direction* from the

pull of gravity which was dragging the river down from the highlands to the sea. It would rush upward, *back* towards its source. That, obviously, was what happened, and so a deeper and deeper hollow formed across the river between the upper part of it and the lower part of it, which went on rushing toward the sea until the river was divided straight across in two.)

At Kantabinda's command his astounded followers bolted upon the suddenly exposed land at the bottom of the river and sped across it to the opposite bank. On the opposite bank Kantabinda withdrew his Psy·Cosmic Ray power and closed the river again. (Read in the Bible how the Israelites passed through the opening in the Red Sea.)

How Nikundali Led His Companions Safely Through the Forest at Night to Escape Their Pursuers, by Creating a Pillar of Fire in the Sky to Guide Them

Nikundali, a Hindu psychic master, and four fellow-prisoners had escaped from an English fortress in India and were being hotly pursued by English guards. They eluded capture by day by hiding in the wilderness, but at night they feared to lose their way and tragically retrace their steps to the fortress.

Nikundali bade them to hold their peace, looked up at the pitch-black sky and visualized a big enough light to guide them, forming in it. He took a slow, deep breath and visualized himself being filled with all the power flashing around him in the air. Then he surrounded his body with a thick astral skin to prevent any more of that power from filling him, so that he was now absorbing *less* of it than he was emitting. He had created Psy·Cosmic Rays, and he blasted them at the sky and visualized them turning into a guiding light. Four seconds later he repeated the procedure, and a faint speck appeared in the sky. After the third time he repeated it, a tiny red stream appeared in the sky. After the fourth time, a pillar of fire definitely appeared. (The atmospheric pressure being very light in that semi-arid air, Nikundali had created a streamer discharge of electric spark, for an electric discharge takes place more readily through a partial vacuum, like that of air under light atmospheric pressure, than through air at

ordinary atmospheric pressure. The streamer discharge was about three miles up, where the atmospheric pressure is but half the ordinary atmospheric pressure, and the discharge *appears* at that pressure.) In the strong wind the streamer discharge resembled a long ribbon of crimson light, and it floated slowly *on*ward. Nikundali and his followers pursued it immediately and were led to safety.

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key to secret ESP+ Control over their miracle power over the natural elements. With that touch of PSYCHASTRA, they have seized control over the forces of nature and compelled them to do their bidding. Following are typical examples. The names of the individuals and of the places have been changed. (While *they* may have used their power instinctively, you now have the knowledge to use the power deliberately.)

How a Frightened, Unprepared Young Athlete Put on a Championship Boxing Performance

Fred Langston was an unprepared young athlete who was suddenly forced into championship competition as a last-minute substitute for the qualified challenger. Rather than cancel the event and lose the profits of a sizable gate, the fight promoter dropped the championship designation and announced a non-title contest. Fred feared a bad beating, but the promoter promised him a championship chance in the near future if he would help him out and put on a fair exhibition. Since championship chances were difficult to clinch, with quaking knees Fred accepted what seemed to be outright "suicide."

Fred was practically on the verge of a nervous breakdown before the bell rang, but once he came into contact with the champion he cast off his normal self and turned into a dancing master and master swordsman. Every move he made was just right. Every twist of his body was perfectly timed. Every blow he threw was with perfect leverage. He shifted to and fro, here and

there, and worked his way around the ring with the ease of a ghost. He made the champion miss his best punches, meanwhile; made him attack at the wrong time and put up defenses for blows that seemed to be coming from one direction, but instead came from another. The audience was electrified as Fred defied the power of gravity with every masterful move he made and retained his balance with supernatural equilibrium. His timing and leverage defied the laws of nature by taking unbelievable advantage of wind pressure and ground resillience.

At the end, Fred had outclassed the titleholder so thoroughly that *he*, and not the original challenger, was being considered for the next championship contest, with quite a purse in prospect. (Musicians and others have done likewise. Outclassed as they apparently were beforehand, the moment they found themselves in the midst of action, they suddenly changed their personalities completely and acquired a touch of PSYCHASTRA (as you also can) and defied the forces of opposed gravity with their hands and bodies like the most skillful in their field.

How a Young Marine Fought in the Thick of Action in One Danger Spot After Another in the Pacific in World War II and Was Discharged After Four Years, Without a Scratch

Ted Stewart was drafted into the Marines at age 22, during World War II; was trained at Camp Pendleton and transferred to the front in the Pacific. He hated war but prepared to make the best of the situation. As his company was landing for its first invasion, some of his buddies, in panic, expected to breathe their last. Others took it more philosophically. Still others just refused to think about it. But Ted convinced himself that he *would return* home without a scratch. He *would keep fully alert* to every exigency, like the tiger in the jungle, miss nothing and be prepared for any surprise. But he would do so calmly and confidently, because he *was* to return alive—and even without a scratch!

Ted landed with his company and charged up on the beach and into the jungle, amid thick fire from the hill ahead. Many of his companions in arms fell, some screaming, some silent but

bloodied. Ted continued charging. Then he flung himself down beside a tree trunk for protection. The battle continued, and he advanced with the rest of his company, braving terrible fire. For hours after and all night, he was isolated with four or five other Marines. One after another was wounded at different times, and two were killed. But Ted remained positive that *he* would not die. His eyes and ears seemed to acquire a superhuman acuity or awareness and he detected the least movement and the least sound of the enemy. His aim, as a consequence, improved amazingly too and he leveled one after another of the foe and saved himself—and a buddy, too—on several occasions. He even saw shells and other deadly missiles in the air in time enough to get out of their way before they landed. Even his feet acquired "eyes," for they detected the least possibility of a mine as he moved across the ground.

Ted came out of that battle, and out of three others, without a scratch. He was discharged three years later. "I was determined to stay alive," he said afterward. "And I made every honorable effort to do so and was always confident that I *would* stay alive." Actually he had charged himself with sufficient ESP+ Power without knowing the facts of it—but his safety can only be explained through ESP+ Control.

SUMMARY OF THIS SECRET POWER

Secret ESP+ Control over your miracle power over the natural elements is your most effective miracle power for deliberately seizing control over the forces of nature and compelling them to do your bidding, and for turning them to your advantage when they are most against you and seem to be crushing you in seemingly hopeless defeat. With calculated precision of your ESP+ you can turn nature's adversity into an astounding victory. In order to master it most easily, pursue the following steps:

Step 1. Concentrate on whatever phenomenon in nature you wish to change, and visualize it changing exactly as you wish it to.

Step 2. Take a slow, deep breath and visualize yourself absorbing an increased amount of the highest-energy electrons

(neutrino rays) bombarding you from the center of our galaxy (the Milky Way).

Step 3. Surround your body with a six-inch layer of astral skin, so that you now absorb fewer highest-energy electrons (negative absorption) than you emit. You will be creating Psy·Cosmic Rays.

Step 4. Blast them at the phenomenon in nature that you wish to change, visualizing it being converted *at once* into what you wish to.

Step 5. Accelerate the speed of its chemical reaction (if a chemical one is involved) 10,000 times (or into a miracle) with secret ESP+ Controlled Psy·Cosmic Rayed knocked-out neutrons.

Step 6. Five seconds later, repeat Step 4, and visualize the phenomenon in nature turning more definitely into what you wish it to.

Step 7. Five seconds later, repeat Step 4, and visualize the phenomenon in nature becoming *still more* definitely what you wish it to.

Step 8. Five seconds later, repeat Step 4, and visualize the phenomenon in nature becoming *very definitely and immediately* what you wish it to.

Step 9. With the Multidiv, expect the greatest success in changing the phenomenon in nature exactly as you wish to, and in the quickest time you want it to.

You will have acquired a most unbelievable miracle power—one which mystics and psychic masters have used to control everything possible in nature—miracles which are the most incomprehensible to all the world. History is replete with these "miraculous" happenings, including those in the Christian Bible and other sacred writings.

12

Emergency-Meeting Power

Achievements Resulting from Locking Control over Your Emergency-Meeting Power

With miracle emergency-meeting power you can snatch yourself safely out of practically any danger. With it, mystics and psychic masters have escaped bloodthirsty pursuers by diving under water and remaining there so unusually long that their pursuers thought they had drowned or crossed to the other bank and escaped. Others have saved themselves from dying of thirst by smiting bare rocks as Moses did in deserts and drawing gallons of water out of them. Old men, approaching the grave, have run 100 miles at astounding speed over hills and dales to warn others of impending danger. Ordinary people threatened with grave perils have "appeared" before their loved ones thousands of miles away to beg them to come to their rescue. Some who were sharply warned about the serious condition of their hearts have convinced themselves that their hearts were normal and proceeded to perform amazing athletic feats and went right on living in apparent good health.

The Ages abound with accounts of heroic deeds achieved with such a miracle power by individuals, to overcome seemingly hopeless situations, not only in battle, but in adventure, natural disaster, shipwreck, escape from prison, to live much longer than expected with an incurable disease. Other people have recuperated completely from paralytic strokes after the most trusted physicians had given them up as incurable. Some others, cornered

by dangerous wild animals, have leaped across incredible wide gorges to safety. There is hardly a feat in the overcoming of insuperable danger which mystics, psychic masters and commonplace people have not performed with miracle emergency-meeting power, or with a touch of it.

The Power of Your Blocked Spinal Feedback Circuit

Man is a receptor (receiving) mechanism and is consequently influenced by every force in his environment. He is influenced by everything he receives through his sensory (message-bringing) nerves, whether these influences are of meteorologic and cosmic origin, such as changes in atmospheric pressure, changes in humidity, barometric pressure, light variation in wind movement, cosmic ray bombardment; or changes of the most generally recognized influences, such as those due to physical or chemical contact. Man's message-bringing nerves convey all these stimulations central-ward to his spinal cord (or brain, depending on the distribution of the nerve), and from there to their respective sensation centers in his brain. His brain centers then interpret them according to the judgment of his conscious mind and send them back out as commands to his muscles or visceral organs to react to the stimulation.

But his message-bringing nerves, whether of sight, smell, hearing, taste, touch, or of nerves which are excited by chemical and physical stimulation, may also transfer the stimulations *directly* to his muscles or visceral organs *without going* to the sensation centers in his brain, as they do through the reflex arc. The immediate result on you is muscular action or visceral organ response. If the stimulation disturbs your normal physiologic activity enough, symptoms of disease will appear on you, or inside you.

If the influence is slight, it might fail to cross the Nerve Gaps of your message-bringing nerves in your spinal cord (or brain) and proceed no farther. If it is intense, though, it will be transmitted to your spinal cord (or brain, if from the head or face), to other nerves, either message-bringing or muscle-commanding, or even to both, and some nearby structure within you will be influenced by the stimulation. You may then feel a pain (even an incapacitating pain); suffer a muscle contraction (even a crippling one); or secrete from a gland in such a heavy concentration that it can

devitalize you by suddenly lowering the blood pressure in your brain and dropping you flat in a faint.

BUT—you can also REVERSE the influence of these forces AT WILL and use them to convert you into an invincible superman. *That* is how you overcome emergencies miraculously. You can, because the hysteric can reverse *any* process in his body with his imaginative fear. So can you with healthy, unconquerable, miracle emergency-meeting power. Yes, you can do *anything* and *everything* you want to with your body (as the hysteric can), for it can adapt itself to any demanded change. *The secret lies in your blocking your spinal feedback circuit.*

How to Use the Power of Your Blocked Spinal Feedback Circuit

Your miracle emergency-meeting power lies in your permitting *nothing* in your body to restrain its natural savage and instinctive response to the sudden call of your message-bringing nerves for help. Your muscle-commanding nerves will then fill your muscles with the utmost blood and sugar energy (glycogen) that it can pour in them to help combat the emergency. That's what happens in the hysteric situation. You yourself do not ordinarily respond in that manner to the emergency only because your conscious and subconscious minds *restrain your instinctive responses,* and because your spinal feedback circuit *delays* the rush of your savagely emotional command to your muscles to meet the emergency, when it reaches the Nerve Gaps in your spinal cord. You can counteract this restraining influence of your conscious and subconscious minds by feeling outraged or highly emotional at the time; but your spinal feedback circuit will still squash your savage response by breaking down the acetylcholine in your muscle-commanding nerves, which your savage response needs to enable it to bridge the Nerve Gaps in your spinal cord easily and swiftly as it rushes to your muscles. That's why you have to *block* your spinal feedback circuit when you respond to an emergency, so that it *will not delay* the rush of your savage response command to your muscles to combat it.

How can you reduce at will this crippling influence over your maximum emotional response command? You will be taught that secret now. First of all, nerves containing heavy concentrations of

acetylcholine, which your savage response needs to rush it to your muscles without unnecessary delay at your Nerve Gaps, are widely distributed throughout your nervous system. When your maximum emotional response is racing to your muscles it gets hold of a heavy concentration of acetylcholine as it courses through the Golgi collateral nerve in your spinal cord. But the Renshaw cells, where the Golgi collateral nerve terminates, immediately release an unknown *inhibiting* or diluting substance which stops any more acetylcholine from being released by the Golgi collateral nerve while your savage or furious response rushes on to your muscles. *That* is your spinal feedback circuit, and it once again puts your restraining conscious mind *in control* of your "savage" response and devitalizes it. If you could only block your spinal feedback circuit from releasing this unknown inhibiting or diluting substance of your treacherous Renshaw cells until *after* you meet the emergency, you could equal the sensational muscular feats of the hysterical person in an emergency, or of the subject under hypnosis, *because you would prevent your conscious mind from restraining or diluting your completely emotional response.*

In the laboratory, blocking this diluting process is achieved with strychnine (a poison.) Strychnine *selectively blocks* the action of the unknown inhibiting or diluting substance of the treacherous Renshaw cells and reduces the restraint of the conscious mind over the muscles. That allows the sympathetics (the fighting nerves) to be overstimulated and to trigger miracle emergency-meeting power. But you can do likewise *without* strychnine and accomplish great feats of emergency-meeting power.

How to Block Your Spinal Feedback Circuit When You Are in an Emergency

Your spinal feedback circuit is a perfectly normal function in your body. It keeps your nervous system balanced by cutting off the flow to it of what it does not need (like acetylcholine) after a nerve stimulation has passed through it. But when you are meeting an emergency, you want to *prevent* your spinal feedback circuit from cutting off the flow of further heavy concentrations of acetylcholine to your maximum emotional response after the

latter leaps across the Nerve Gap of your spinal cord on its way to stimulate your fighting nerves to fight or flight. (Otherwise your *conscious* mind will tame your "savage" response too soon and discourage your muscles from unlimited action.) You prevent your spinal feedback circuit from doing that by blocking it until the emergency is over. That stops the unknown inhibiting substance released by your treacherous Renshaw cells from flooding the Nerve Gap in your spinal cord right after your savage response has leaped across it; and thereby from cutting off the flow of *more* heavy concentrations of acetylcholine to your savage response as it continues rushing on.

To achieve that goal, fill yourself with a devil-may-care, fight-to-the-death attitude toward the emergency. Your sympathetics (your fighting nerves) will at once maintain a steady state of emergency in your whole body and keep it alert to fight, and your spinal feedback circuit will be unable (will be blocked) from releasing the unknown inhibiting and weakening substance during the emergency. Then "suck in" your mind-navel ether and draw in your astral body flow up your Psychastral Route to your conscious and subconscious minds. With the successive inhibitory-excitatory sub-trance (fill yourself with the overwhelming conviction that you CAN meet that emergency successfully at once), let your brain secrete the appropriate substance "x" (in this case, serotonin) with which to alter your astral body flow with the right astral force and form necessary to meet the emergency at once. Then project this altered astral body flow to your muscles with a fearless power-packet blast (feel savagely exuberant) to rush it swiftly across your Nerve Gaps. With the Multidiv, expect the greatest success in overcoming the emergency that you can think of, and in the quickest time you wish to do it. You will promptly acquire miracle emergency-meeting power.

How Fambalooshi Controlled His Heart and Blood Pressure for an Astonishingly Long Time Under Water to Escape the Bullets of the Pursuing British Guards

In India, during the British occupation Fambalooshi was arrested by the invading English on suspicion of betraying them to his people. But he managed to trip one of the guards and plunge

into a river before they could shoot him down. The guards huddled on the bank and waited for him to surface. Fambalooshi's only hope was to reach the marsh in the distance under water before coming up for air. *Fortunately, he was a disciple of a psychic master* and had learned considerable about the secrets of psychic power breathing. There was no prana (life-giving substance) to be had under water; so he had to survive solely on the air which was already in his lungs and in his circulating blood. Fambalooshi was not versed in the sciences of the body, but the moment he dove into the water, his heart beat slowed down perceptibly and his arteries narrowed.

Scientists do not know why the heart slows down when one dives (in one subject it slowed down from 90 beats per minute to 15), but it apparently must be an attempt of the body to dispense slowly with its oxygen stores, in order to conserve it to meet the emergency. Indeed, the arteries of the muscles, skin, kidney, liver, spleen and presumably all the other arteries of the body except those perfusing the brain and heart narrow so markedly that the blood flow practically halts in all of them in order to be made available *only* to the oxygen-dependent metabolism of the central nervous system (the brain and spinal cord). The body itself, as a result, can supply oxygen to the central nervous system for about twenty minutes.

Fambalooshi, in other words, could not remain alive under water without air longer than twenty minutes, no matter what he did. But, of course, he could lose consciousness long before that and either drown or be thrust up half dead to the surface by the squeeze of the water.

He had taken a deep breath just before landing in the water and had also "sucked in" his mind-navel ether. Now he relaxed his body from head to foot, so that his muscles would demand the least oxygen from his blood. Then he moved his arms slowly in a breast stroke motion, pushing himself under water toward the marsh and accelerating his speed by closing his legs gently behind him with each arm stroke. He let out the least air, meanwhile, and did so in a smooth, easy flow. Swiftly, he drew in his astral body flow up his Psychastral Route to his Third Eye (his forehead and temples) and filled himself with the overwhelming conviction that he COULD retain enough prana in him to reach

the marsh. He visualized his astral body flow saturating his whole body and prolonging his outflow of prana. He felt absolutely positive of reaching the marsh before losing consciousness.

A giant power unleased within Fambalooshi instantly, which seemed to carry him through the water with less and less call for air, so that his exhausting supply seemed to stretch out to the last "particle." Just as he felt on the verge of losing consciousness, his outstretched swimming arm touched reeds, and the water pitched him to the surface. He had covered an incredible distance under water and had saved his own life.

How Chamkranti Smote a Bare Rock in the Indian Desert and Drew Quantities of Water out of It to Quench the Thirst of His Twenty-One Companions

The psychic master Chamkranti and twenty-one followers were trekking their way to Lhasa to call on a deeply revered Lama. Almost the whole countryside lacks drinking water, and Chamkranti and his followers were already suffering from thirst before they reached the That, the Indian Desert, which they now had to cross to get through the Himalayas into Tibet. They prayed to come upon an oasis in the desert, no matter how minute, but they encountered only the dry beds of ancient rivers. Under that heartless, roasting sun, they felt parched and staggered through the loose, baking sand, resigned to meeting their end.

Suddenly, they came upon a huge bare rock, and Chamkranti bade them to pause. He fixed his vision on it, and then he "sucked in" his mind-navel ether and drew in his astral body flow up to his Third Eye (his forehead and temples). He filled himself with the overwhelming conviction that he COULD draw water out of that bare, desert rock at once. Then he visualized his astral body flow acquiring, in his Third Eye, that force and form necessary to do just that for him, and projected it back into his astral body. He felt absolutely confident that his altered astral body *would* draw water out of the huge bare rock *at once*, and he visualized it doing so, because he could now "see" the water.

Chamkranti continued staring at the rock and it seemed to steam, as if getting hotter and hotter under the blazing sun. Suddenly, the moisture condensed into a trickle of water. (Water can

be obtained from a rock by heating the rock at 300° C., as is being planned for use by man on the moon.)

Chamkranti then produced Psy·Cosmic Rays and beamed them at the rock. They split the particles (molecules) of the trickling water on it into two equal parts, and that in itself liberated vast amounts of energy which facilitated these molecules being split again and again and again in millisecond speed, especially since Chamkranti still beamed Psy·Cosmic Rays on them. In less than a second they had split up and a flow of water gushed out of the rock.

How 75-Year-Old Rampasha Ran 100 Miles at Amazing Speed Nonstop

The psychic master Rampasha learned that his nephew Jamroot was in grave danger because a husband whom he had betrayed had set out to hunt him down in the Assam village 100 miles away, to which Jamroot had migrated, and murder him. Worse still, the husband was a landlord, and Jamroot was a lower-caste Dravidian. Rampasha was desperate, for the outraged landlord was already drifting down to the village on a raft in the rushing Bramaputra River. Rampasha's only hope was to race to his nephew on land, with the speed of a flying bird. But he was a doddering old man of seventy-five with creaking joints, muscles more accustomed to sitting at meditation than to rigorous exertion. Assam, besides, was a country of hills and dales, covered with dense tropical forests of sal and bamboo; and on the higher reaches, oak and pine! Wild life, too, lurked everywhere! How could *he* cross 100 miles of such terrain on foot, faster than a raft hustling its way down the swollen Bramaputra River?

But there was no time to waste. The landlord and his servant had started on the raft at sunrise, and the sun was already a quarter of the way up the sky.

Rampasha stared in the southwestern direction, where Jamroot was. He "sucked in" his mind-navel ether and drew in his astral body flow up his Psychastral Route to his Third Eye (his forehead and temples). He filled himself with the overwhelming conviction that he COULD run fast enough to reach his nephew on time, and commanded his astral body to fill him with the

power to do it. Then he filled with exuberance, absolutely confident that he COULD and WOULD cover that staggering distance over that obstacle-filled terrain by sunrise next morning, and not even feel tired at the end.

Rampasha took a deep breath now; held his chest and shoulders high, as if ready to fly, and started to run. Through his relaxed jaw he took one deep breath after another and exhaled them smoothly as he continued to run. By steadily visualizing NOT his own bony, flabby body running, *but his superhuman astral body instead,* he set his altered astral body in full possession of his physical body. Rampasha's steps lengthened with no conscious effort on his part, and he glided more and more over the rough, uneven ground with each step. He moved faster and faster, as a result, without exhausting himself.

He covered the first two miles with amazing smoothness, despite the ruggedness and treacherousness of the land. He was not tiring either, because he did not alter his pace but maintained a perfectly timed, easy flowing rhythm. His speed, too, was just beyond the force of the gravitational pull, enabling his physical body to move forward as if dropping down the side of a slanting hill and thereby expending the least possible energy. The regularity of his breathing and rhythm of his running, and the astral body sense into which he had thrown himself, took complete possession of him and he ran as if in a half-trance, gazing straight ahead of him at the sky alone, hardly aware of the endless pitfalls he was leaping across. His toes, meanwhile, felt the least irregularity of the ground as accurately as any eyes could see it and instantly softened his step when the touch was uneven, thus saving his old ankles from being sprained or broken. His rhythmic breathing filled him with a steady flow of prana which created automatic muscle contractions.

> NOTE: Scientifically speaking, it also maintained the undiminishing synthesis and resynthesis in his body of ATP (adenosine triphosphate), which is believed to be the immediate source of energy for muscle contraction.

So Rampasha kept on "gliding" over the countryside hour after hour, hardly aware of the passage of time. At night he guided himself by centering his sight on a star in the general direction of

his destination. At sunrise he reached the village where his nephew was and warned him in time.

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key of secret ESP+ Control over their miracle emergency-meeting power. With that touch of PSYCHASTRA they have snatched themselves safely out of incredible dangers. Following are some typical examples. The names of the individuals and sometimes of the places have been changed.

How the Ex-Prime Minister of a Leading Nation, in His Nineties, Baffled the Greatest Doctors by Recuperating Completely from a Stroke Which Had Paralyzed Him from the Neck down

Ex-Prime Minister Langford Trevelian of one of the leading nations of the world was suddenly stricken in his nineties with a devastating stroke which paralyzed him from the neck down. Eminent doctors were rushed to his bedside to aid his personal physician, but little hope was held out for a significant recovery. "Only a miracle," many said, "could even offer him any improvement, particularly at his age."

Helpless as he was, the ex-prime minister refused to be downed. He had guided his country through a terrible war and had saved it when it was practically wiped off the earth. Although he knew little about the human body, he felt that he could do anything he wanted to do with his mind. So he refused to accept his fate and determined to tear loose from his pathological shackles. Again and again he tried to lift his arms or his legs, but felt as if he had none. Finally, he tried to move one finger or toe. Nothing responded. Being alone most of the time in his hospital bed, he concentrated on commanding these parts of his body to move, and visualized them moving. Even at night, for he dozed comparatively little now, he continued his commands and his visualizations.

One day, about two months later, one little finger gave the

slightest twitch! Langford doubled his commands! Within a few days, another finger twitched, and the first one even made a limited move. Within a few months, to the amazement of the medical world, Langford had made what was called a complete recovery. "It required the willpower of a yogi to bring it about!" one confounded neurologist said. The ex-prime minister was not a psychic master, but he had the will of one. You have learned how to have a similar will and perform corresponding great feats in meeting terrifying emergencies.

How Clifford Loy Appeared Before His Son 3500 Miles away to Inform Him That He Was Gravely Ill from Being Secretly Poisoned

Clifford Loy, a West Indian settled in Panama City, Panama, had been suffering from a strange series of symptoms for several months. These, in general, consisted of a metallic taste in his mouth, burning pain in his stomach, colicky pains, vomiting and profuse diarrhea followed by bleeding, a garlicky odor on his breath and much else. He was fifty-two years old and his young second wife Miranda seemed puzzled and alarmed. More than once Clifford had determined to see a doctor, but Miranda had scoffed, "Now, darling, don't start acting like an old man! Maybe you are eating too fast of late!" With Miranda only twenty-seven, Clifford dreaded being considered an old man; so he put off going to see a doctor. His twenty-year-old son Ramsey was in California studying dentistry. Clifford wished he were back home now, so that he could talk it over with him without having to feel like an old man.

But Clifford grew only worse, until he suffered from convulsions. Twisted in pain in bed, he begged Miranda to call the doctor. But she rushed him a glass of milk and said, "Come now, Clifford. Just drink this, and you'll be all right again."

Clifford realized that he had little time to waste. He lay in bed and visualized his son somewhere in California, 3,500 miles away. But he felt absolutely certain that he *could* contact his son if he tried to in his mind. So he begged him with his thoughts to come back home at once because he feared that he was being poisoned to death by his wife.

That evening in Berkeley, California, as Ramsey studied for important examinations, his father suddenly "appeared" to one side of him and told him what he feared. Ramsey wired his grandfather at once to investigate. The grandfather forced his way in to look at Clifford, despite Miranda's fierce protests at the door, and had him hurried to a hospital. With a touch of secret ESP+ Controlled miracle emergency-meeting power, Clifford Loy had saved his own life.

SUMMARY OF THIS SECRET POWER

Secret ESP+ Control of your miracle emergency-meeting power is your greatest miracle power for snatching yourself, or others, safely out of practically any danger. In order to master it most easily, pursue the following steps:

Step 1. When caught hopelessly in an emergency, don't let your conscious mind debilitate you with overcaution, but fill yourself instead with a savagely emotional desire to meet the emergency.

Step 2. Immediately block your spinal feedback circuit from weakening your stand by filling yourself with a reckless, devil-may-care, fight-to-the-death attitude toward the emergency.

Step 3. With PSYCHASTRA, "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route to your conscious and subconscious minds, and saturate it with the attitude of Step 2.

Step 4. Fill yourself with the overwhelming conviction that you CAN overcome that emergency, and let your brain secrete the appropriate chemical substance (in this case, serotonin) with which to give your astral body flow the right force and form necessary to overcome it.

Step 5. Feel exuberant to facilitate your altered astral body flow rushing across your Nerve Gaps to your muscles or back to your astral body.

Step 6. With the Multidiv, expect to overcome that emergency completely, and as quickly as you wish.

Step 7. Proceed and act now as if you are perfectly capable of conquering the emergency.

You will have acquired a miracle power which can do for you, when you need it, what no other power on earth can do for you—a power that can save your life, or those of others, any time!

You now have the true secret of how people in extreme circumstances or emergencies have been able to save their lives or even other people's lives. (You need never to be fearful of any sudden emergency again.)

13

Competitive Power

The Achievements Resulting from Locking Control over Competitive Power

With miracle competitive power you can overcome others or any obstacle in a flash, or as soon as possible, in business or in any kind of competition. You can overwhelm the opposite sex romantically. You can control yourself from seeing others as being more formidable than they are and thereby protect yourself against predefeat by them. You can win the person you love with astounding ease. With miracle competitive power, common everyday citizens (like Oliver Cromwell) have organized groups and led rebellions and overthrown the greatest armies or navies. Generals with a handful of men have routed and scattered the strongest and biggest enemy legions. Athletes who didn't appear to have a chance have broken "unbreakable" records. Individuals with slim marital prospects have won the choicest mates. Others with "no head" for business have amassed fortunes or secured unbelievable job promotions practically overnight. None of those results should have taken place logically, but they were brought about with miracle competitive power. You can do likewise with PSYCHASTRA.

The Secret Power of Counter-Optic Irradiation to Win over Others in Business or in Any Other Kind of Competition

Optic irradiation is a natural and important function of your eyes. But it also handicaps you severely in competition because its effects can condemn you to defeat from the very beginning, in anything you undertake. Why? Because although a separate image of anything you see is formed upon the retina of each of your eyes, the two images are fused together in your *conscious mind* as ONE. (Such is the case with most animals, in fact, for most of them, like man, possess single binocular vision.) This fusion of your two retinal images occurs instinctively (or under the control of your Primitive Autoconscious, which is described in my book *Cyclomancy: The Secret of Psychic Power Control* (published by Parker Publishing Co.). Due to chromatic and spherical aberrations (distortions) however, your two retinal images are *not* formed of geometrical points of light. They are formed, rather, of bright spots of light surrounded by diffusion circles, such as you perceive when you stare out of a window at night through tear-filled eyes. The light rays which cause those retinal images, though, create nerve electricity not only in the specific areas of your retina where they fall, but also in the adjoining retinal areas. That is known as *optic irradiation.*

When you stare at a *bright* area on a dark background, as a consequence, the bright area looks darker than a *dark* area of that same size looks on a *bright* background. In both instances the image of the *bright* area encroaches upon that of the dark area. (Re-read these last two sentences slowly and visualize them clearly.) You are constantly being misled, in other words, by what you see. Designers, painters and copyrighters (commercial artists) master the art of fooling or misleading the eye in their works by restoring to the "right" color contrasts. . . . You can protect yourself against being fooled by optic irradiation with Counter-Optic Irradiation. It will convert you into a wise shopper and enable you to create more compelling impressions upon

others. It will also protect you against being fooled by others with anything visual, or that which is exposed to the human eye.

How Not to See a Man as Being Broader-Shouldered Than He Actually Is, and Therefore Avoid Developing Inferiority Feelings Towards Him

Repeatedly you associate with men who look bulky and powerful in their clothes, but who hardly even possess shoulders of average width. When you accept a man as being noticeably huskier than he is, you automatically endow him with a decisive edge over you psychologically which he does not deserve. If you are a woman you might consider him more attractive or dangerous than he really is.

Let us call him John B. Krebbs—one such man you encounter regularly as a rival in business or social life, if you are a man; or as a romantic prospect, if you are a woman. If you are a man he fills you with some envy or feelings of inferiority towards him. If you are a woman you might expect unusual aggressiveness from him. But—is John B. Krebbs as physically developed as he looks?

Look him over and see. If his coat is darker than his trousers and he still looks broad, then he *is* very broad. But if his coat is lighter colored than his trousers, he is not so broad as he looks.

Detect his true breadth or bulk with Counter-Optic Irradiation. Simply fasten your vision at John's shoulders, and saturate yourself with a feeling of super-exuberance, as well as with a feeling of the utmost friendliness toward him. That overstimulates your parasympathetics (your loving nerves) and promptly increases the convexity of your eye lens, converges your eyeball and narrows your pupils. Those changes reduce the spherical and chromatic aberrations of the retina in your eye by lessening the diffusion circles around the light points in it. And so they decrease your optic irradiation. The seemingly oversized shoulders of John B. Krebbs will at once shrink to your eyesight, and you will be freed from the erroneous influence he exerted over you!

How to Make the Desired Visual Image of the Other Person or of Yourself Become an "Actuality" Instantly

"A." With secret ESP+ Controlled Counter-Optic Irradiation you can go still further and convince the other person that he is the very size *you wish* he were. You can make a devastatingly broad-shouldered rival, for example, feel *narrow-shouldered* by reproducing before him, with your Psychastralized astral body, an astral body image of *himself* looking *exactly* as *you* wish he looked. This *closely guarded psychic master secret power*, never before revealed, can be used to "shrink" a big bully down to size, or to knock the haughtiness and overbearingness out of an offensive egoist, or to knock the confidence out of a rival in a field in which physical power or personal appearance count more than they should.

Randy Holt is a big, broad-shouldered egoist who ruins your peace of mind and personality by eternally lampooning you. If you were bigger and less civilized, you would clench your fist and "let him have it." He ruins your life daily at work or during social life. However, you can easily silence him with secret ESP+ Controlled Counter-Optic Irradiation. Practice how to do it alone, before your mirror as follows.

The moment you lay eyes on Randy Holt again, visualize him as looking exactly as *you* would like him to be, so that he would no longer bother you. (Perhaps you wish him to be four inches shorter, and only two-thirds his width, and sixty pounds less bulky.) With PSYCHASTRA "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route to your conscious and subconscious minds. Saturate your astral body flow there with your visualized picture of what you would like Randy Holt to be like. With the successive inhibitory-excitatory subtrance (fill yourself with the overwhelming conviction that you CAN make him feel that he *is* such a person, at once), let your brain secrete the appropriate unknown chemical substance (x) with which to alter your astral body with the right astral force and form necessary to make him feel that he *is* such a person at

once. Visualize your astral body flow assuming that very shape and size of such a person, and project it back into your astral body.

Your astral body will immediately change into an exact image of the visualized Randy Holt you commanded it to look like, and will face him in that image. Randy Holt will "see" it astrally in his psychic power center. From there it will be registered in his conscious and subconscious minds, and he will be utterly convinced that he *is* like that. His overbearingness toward you will vanish, for he will no longer consider himself superior to you.

"B." With secret ESP+ Controlled Counter-Optic Irradiation you can do likewise to the person you want to conquer romantically, by displaying before his (or her) astral eyes an astral body image of *yourself* looking exactly as you *wish* to look. Accomplish it with the same technique in example "A," except that now you visualize yourself as looking exactly as you would *like* to be, and let the other person's psychic power center absorb that picture and convert him (or her) into your romantic and willing partner.

How Hassablanti Lived Amazingly Long in the Desert Without Water

The psychic master Hassablanti was close to being overcome by thirst in the midst of the Indian Desert, where he had fled from the hostile population of a nearby village. He staggered along under the broiling sun, wondering how he would ever get out of the desert alive. As a last, desperate measure Hassablanti decided to "feed" his thirst (or to let it get no worse) simply by retaining the water he was losing through perspiration. He knew that the dog, the alligator and the frog did not perspire or lose water through the skin. Why couldn't he do likewise? . . . Their skins were obviously less permeable to water than his.

Hassablanti determined to acquire such a skin at once to save his life. As miserable as he felt, he filled himself with a feeling of bursting with exuberance by stimulating his parasympathetics, his loving nerves. That inhibited his sympathetics, his fighting nerves, which it is generally believed, stimulate the sweat glands. Both his sweat glands and sebaceous (fatty) glands

began to function less. He multiplied the effect by "sucking in" his mind-navel ether and drawing in his astral body flow up his Psychastral Route to his Third Eye (his forehead and temples), where he saturated it with the thought picture of himself turning cool.

His perspiration stopped flowing, and Hassablanti continued through the desert three days more until he came upon water.

How Gutlambashi Instantly Acquired the Equilibrium of a Great Acrobat

Gutlambashi, a psychic master in India, was returning from Lhasa, where he had gone to visit a leading Lama. Farther south in Assam he reached the Ganges and had to cross a gorge deeply filled with the savage torrent that rushed down from the mountain ramparts. The crude bamboo bridge across it dangled from the remaining rope that still reached across, and the gorge could not be crossed by hanging on to that rope because the furious flood dashed past under it by less than a foot. He would have to *walk across* the rope like a tightrope performer. But Gutlambashi was no acrobat. Neither could he live long in that dark forest with its seemingly endless rainfall, followed by the steamy, sickly heat. He *had* to walk across that rope.

Gutlambashi stepped to the near end of the rope and fixed his eyes on a tree trunk directly across the gorge. He visualized himself crossing the rope with his body in a perfectly balanced position all the while as he kept his eyes glued on the tree trunk. Then he extended his arms sideways at shoulder level, and with PSYCHASTRA "sucked in" his mind-navel ether and drew in his astral body flow, up his Psychastral Route to his Third Eye, where it absorbed that vision of himself. He filled himself with the overwhelming conviction that he COULD perform that acrobatic feat at once, and he visualized his astral body flow assuming the right force and form necessary to enable him to do so. Then he felt exuberant and projected his altered astral body flow back through his Psychastral Route, into his astral body. He expected absolute success in becoming a phenomenal tightrope acrobat at once.

Gutlambashi's astral body started walking over the rope, taking Gutlambashi's feet with its own, and balancing his arms with its own. Gutlambashi, meanwhile, still gazed with fixed eyes on the tree trunk on the opposite bank.

> NOTE: Staring with fixed eyes on the tree trunk on the opposite bank caused Gutlambashi's visual sensation to pass through his eyes and through a number of nerve branches to the floccular nodular lobes of his cerebellum, the muscle coordination center in his brain. The function of these lobes is to keep the individual oriented and balanced in space, and they are therefore the great clearing house of equilibrium because of the transmission fibers they receive from the "middle ear," situated right in the "hearing" nerve framework of the ordinary ear.

Gutlambashi, as a result, instantly acquired the equilibrium of a great acrobat or of a finely balanced animal (like that of a squirrel walking across an electric wire) with a secret ESP+ Controlled floccular nodular look. And he crossed over the rope safely to the other side of the gorge.

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key to secret ESP+ Control over their miracle competitive power. With it they have overcome seemingly unsurmountable obstacles in a flash or in comparatively short time and proved to be invincible. Below are some typical examples. The names of the individuals and of the places have been changed.

How a Young Athlete Remained Invincible and Earned a Great Fortune

Barry Tendler was a tall, gangling youth who aspired to become world champion boxer at his weight. He trained and developed himself and competed in the amateurs and lost only two bouts. He went on to win in the Olympics. Then he turned professional and trounced has-beens and some other boxers. The experts called him too frail, said he "lacks a punch and has a glass

chin," and could hardly hope to become a champion. But Barry thought otherwise. He was firmly convinced that there never was, there wasn't now, and there never would be a champion to compare with what *he* would be. He trained without let-up, but developed an unorthodox style of his own which was disparaged by the experts. He trained himself instinctively to use his ESP+ power, and sensed where the next blow would land.

With his overwhelming conviction in himself, once in the ring with any opponent, Barry's every move was perfectly rhythmical because he knew in advance, in a split second, where blows would land. He danced around continuously with his hands on his sides and struck out like lightning when least expected.

How Raymond Holbert, in a Foot Race, Drove All Confidence out of His Rivals

Raymond Holbert had run about seven-eighths of the mile race, and there were still 220 yards to go. His legs felt like painful logs, and he was breathing like bursting bellows. He wished he could drop down on the track and stretch himself out for an hour. The contest had been keen, with rivals passing and re-passing each other. The fans were standing on their seats, yelling themselves hoarse. Raymond had trained hard and long. If he lost, his supporters would be sorely disappointed, and he would fail to qualify for the national meet coming up. Rivals ran beside him, in front of him and in back of him. Whenever Raymond moved faster, they did likewise, for they were on the last lap of the race. Raymond saw defeat staring him in the face.

Suddenly, he recollected the words of his coach, "Never let your rival suspect that *you too* are tired! When he thinks YOU aren't tired, he will feel FAR MORE TIRED THAN HE IS. In fact, make him feel that the race will never end. That will knock the guts out of him."

But, Raymond asked himself, how *could he* make the other runners feel that the race would never end, when it was comparatively near the end?

All at once he knew how. Make them think that time was standing still, and that they were running in the same place all the time, like the squirrel in the cage!

Raymond's own legs were running left-right, left-right, left-right. Due to centrifugal force, his brain was being thrown right-left, right-left, right-left in his skull, or the opposite of his steps. So Raymond forgot all about his legs and his wind and thought only of the *right*-left sideways bouncing of his brain in his skull as his legs ran with the opposite rhythm *left*-right. He immediately forgot that he was even running in a race and continued to run automatically and tirelessly. His rivals, in contrast, grew increasingly aware of the long grind, as the prospect of defeat stared them in the face, and felt as if it would never end. That frustrated attitude devitalized their sympathetics (their fighting nerves) and sapped their muscle contractions. Raymond, meanwhile, kept refreshing his brain with his brain-dancing and retained his muscle tone and the power of his muscle contractions. When he was about 60 yards from the tape he stopped the "brain-dancing" and broke into a savage sprint. He tore right through the sagging opposition and finished a full ten yards ahead. With a touch of his instinctive secret ESP+ Controlled miracle competitive power, Raymond Holbert, in an endurance race, had made his rivals feel, with "brain-dancing," as if the gruelling contest would never end and thereby squashed their will to win.

SUMMARY OF THIS SECRET POWER

ESP+ Control of your miracle competitive power is your greatest miracle power for overcoming others or any obstacle swiftly in business or in any kind of competition. In order to master it most easily, pursue the following steps:

Step 1. When confronted with a competitive situation with another person which seems unconquerable, fix your gaze at him and saturate yourself with a feeling of super-exuberance, as well as with a feeling of the utmost friendliness towards him. (The same applies to enchanting the person you love and want to win over to you.) That is Counter-Optic Irradiation.

Step 2. If the situation involves an obstacle which you doubt you can overcome, determine exactly what you would have to do to overcome it.

Step 3. After doing Step 1, visualize the other person becoming exactly the person you wish he was, so that you can overcome him with ease. Or, after doing Step 2, visualize yourself acquiring the skill or power you need to overcome the obstacle.

Step 4. Then, with PSYCHASTRA, "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route to your conscious and subconscious minds, and let it absorb that vision of the other person or of yourself.

Step 5. Fill yourself with the overwhelming conviction that you CAN bring that vision to life at once, and let your brain secrete the appropriate chemical substance with which to alter your astral body flow to assume the right astral force and form necessary to do it.

Step 6. Project your altered astral body flow through your Psychastral Route, into your astral body to incite it to bring this vision to life at once. Facilitate its projection by feeling exuberant.

Step 7. With the Multidiv, expect to achieve exactly what you want to, and in the quickest time possible.

Step 8. Your Psychastralized astral body will assume the vision you want the other person to be, and will register it in his psychic power center, and he will suddenly feel as if he *is* that vision himself. Or if you seek to acquire a special, unusual skill, your Psychastralized astral body will lead you along with it and perform that skill for you. Your physical body will do exactly what your astral body does in the miraculous manner.

You will have acquired a veritable miracle power which can enable you *to overcome competition of any kind,* the way the psychic masters have.

14

Unknown Particle-Pair Power

The Achievements Resulting from Locking Control over Your "Particle-Pair" Power

With miraculous particle-pair power (your molecular counterpart) you can seize control of the unknown, invisible *molecular counterpart* (which has been scientifically proved to exist) of any form of matter, whether it be living matter or inorganic matter, and instantly annihilate it (if it is "dead" matter); or flash your electromagnetic rays into it and extract the most firmly held substance out of it (if it is living matter.)

With this stunning power, mystics and psychic masters have secretely caused minor earthquakes, have turned weightless and invisible, in an instant, before the eyes of others and suddenly reappeared some distance away; have detected thieves and criminals at a glance among thousands of strangers; have temporarily incapacitated their enemies with disabling electric shocks without even touching them; have revitalized their weak friends with a "shot" of electrons from the cosmic atmosphere without laying a finger on them; have dominated people thousands of miles away; have converted criminals into honest men with one projection, have performed bloodless surgery without anesthesia and without leaving the trace of a scar.

With a touch of it, commonplace people have reformed "wandering" mates and converted them into perfect mates; have contacted others thousands of miles away and obtained their im-

mediate help; have sensed their secret enemies instantly and invalidated them instantly. Your miracle unknown "particle-pair" power is indeed a power from which miracles are made of.

Unfolding the Baffling mystery of Your Unknown "Particle-Pair" (Your Molecular Counterpart)

If you find the left shoe of something, say the physiologists, chemists and biologists, you are sure to find the right shoe. The same is true of the left glove or the left sock. This is known as the "parity principle." But there is *a big exception to that principle in biology*. In biology, it has been observed, the protein molecules that compose every living creature, from the amoeba up to man, and even the plant, possess ONLY a *left*-handed symmetry, or are levorotary. (They turn the plane of polarized light ONLY to the left.) Their particle-pairs, the dextrorotary protein molecules (or the ones that rotate polarized light to the *right*) apparently *do not exist* on the surface of the earth.

That fact has constantly concerned the organic chemist, though, because, whenever *he* synthesizes proteins from the elements, he *always* gets 50 percent *left*-handed ones, and 50 percent *right*-handed ones!

Scientists wonder if that indicates that there *did* exist *two living worlds* during the early stages of our planet: a "right-handed" and a "left-handed" world and that one of them destroyed the other.

In *ordinary* physics, though, the "parity principle," or the principle of pairs, also known as the principle of mirror-symmetry, was *always* evident, and *every* physical process has a counterpart which looks exactly like an image of it in the mirror. The detection of the *anti*deuteron (*anti* meaning the opposite) proved the existence of antinuclei, antiatoms, and perhaps anti-molecules that are the mirror-images of normal matter (normal, at least, to us on earth, or as far as present scientific knowledge extends.)

Physicists now believe that *anti*matter is always created whenever matter is created. For every particle in your body or on earth, then, there should be an opposite—an *anti*particle—somewhere in the universe. In the very atom itself, where more and

more particles are being found in its nucleus, for each electron, proton, neutron, meson, hyperion, and the hordes of other types of particles discovered in its nucleus during the last decades, there must exist an anti-particle *with exactly the same physical properties* but *with the opposite electric charge*. These antiparticles are not, nor cannot, however, be near the particle, for when a particle touches its antiparticle, both vanish in a sudden burst of radiation and turn into entirely different forms of matter. These particles of matter, including protons, neutrons, electrons and mesons, etc., make up all matter. Nothing, though, is known of what role each plays in its structure. This is the great *inner universe* that scientists are endeavoring to analyze.

How the Power of Your Particle-Pair Is Acquired Through Domination over the Cell Membrane

For centuries the fact your unknown particle-pair exists has been no mystery to the psychic masters. They have always known that every human body has such a molecular counterpart—*its astral body!* It is the *astral* body because, although seemingly close to the body, it is not IN the body, but OUTSIDE of it even when it is within it, (just as the food within the cavity of your stomach is still OUTSIDE your body, although it is WITHIN your body). Your astral body has to remain OUTSIDE your physical body even when it is within it because, when it enters into the constituency of your body tissues you "explode" and die, whereupon it separates from your body.

On the other hand, as the psychic masters have always known, your astral body (your molecular counterpart) can be absorbed in *very small doses* and explode just enough to fill you with thundering psycho-astral energy which endows you with miraculous powers over the atoms and molecules of all other forms of matter. And why? Simply because if the healthy body has a negative (−) electric charge, its molecular counterpart must have a *positive* (+) electric charge. And positive (+) charged electrons are absorbed fast by electric fields! So when you add even a fraction of this astral positive (+) charge to your negative (−) charged physical body, *you absorb its miraculous powers!*

NOTE: All other forms of matter also possess their molecular counterpart, or something not exactly a physical part of them. That's why metals, stones and other inorganic matter are seen surrounded by an astral aura.

Now, very small doses of your astral body can be absorbed into the constituency of your body tissues through your exerting graded domination over the *electrogenesis of your cell membrane.* That is the *closely guarded secret* of the psychic master that is now to be shared with you!

The Secret for Acquiring Graded Domination over the Electrogenesis of the Cell Membrane

Your cell membranes primarily maintain the integrity of your billions of body cells at a chemical level. Your cell membrane also maintains your body cell as an organic cooperative metabolic machine. So, although your cell membrane effectively bars the passage of substances into your body cell, it also dynamically selects the ones it bars. Being actively involved in the metabolic cycles of your body cells, your cell membrane takes in some substances and spews out others from your body cells in order to retain what your body needs at certain graded concentrations within your body cells. From time to time, though, under various conditions (that is, when subjected to certain stimulation) your cell membrane is modified to allow the entry or exit into your body cell of substances which are otherwise *altogether excluded* or *altogether retained* by your body cells. When you can modify your cell membrane in such a manner consciously and at will, you will have acquired *domination over its electrogenesis* and can then introduce your astral body (your molecular counterpart) into it to bring you the enormous power of your unknown particle-pair.

How can you do that? . . . Well, first of all:

(1) Your cell membrane is about 100 angstroms thick, or $\frac{1}{2{,}540{,}000}$ inch, and typically consists of a layer of lecithin lying between two layers of protein.

(2) The layer of lecithin contains choline phosphatidyl. This is chemically bound to protein, which prevents it from burrowing and opening up a channel in the cell membrane while allowing still more substances to pass through into the body cell.

(3) Therefore, any *stimulation* which would free the choline phosphatidyl of the lecithin from its *protein bond,* would let it burrow and *open up* a channel in the cell membrane which would allow still more substances to pass through into the cell body.

The foregoing is the electrogenesis of the cell membrane. By increasing it, you increase the negative (—) charge on the outside of the membrane. Its inside surface is about 70 millivolts more negative (—) in electric charge than its outside surface. That causes it to *attract your astral body* (your unknown particle-pair) to it more strongly, since your astral body is positive (+) charged, and opposite electric charges attract. More of your astral body is then drawn through your cell membrane *into* your cell body, and more of it now becomes a constituent of your tissues. But since you don't want to make too much of it a constituent of your tissues, you draw just enough of it into your body cell by *grading the electrogenesis* of your cell membrane with your conscious mind—or by the graded domination of your cell membrane.

How to Acquire Graded Domination over the Electrogenesis of Your Cell Membrane and Gain the Power of Your Particle-Pair (Your Molecular Counterpart)

There are three steps for you to follow to acquire *graded domination* over the electrogenesis of your cell membrane and gain the staggering power of your unknown particle-pair (your molecular counterpart.) Three steps, in other words, for increasing the permeability of your cell membrane to such a degree that you can absorb enough of your astral body into the constituency of your tissues to bring you its miraculous power. These three steps are:

Step 1. Drop slightly the negative (—) electric charge of the *inside* of the cell membrane (by 0.02 volt), and thereby automatically increase that on the outside of it to attract more

of the positive (+) electric charge of your unknown particle pain.

Step 2. Add acetylcholine or some other chemical to it to keep the freed choline phosphatidyl free by wedging itself between it and its acid protein bond. (Or against acid. That's why the psychic master is a vegetarian.)

(In other words, increase tremendously the control of your parasympathetics, your loving nerves, over your cell membrane.)

Step 3. Decrease the concentration of calcium (controlled by your *sym*pathetics, your fighting nerves) outside your cell membrane, and thus encourage the acid protein bond to let go of the choline phosphatidyl. (To state it simply, just decrease the power of your sympathetics [your fighting nerves] over your cell membrane.)

Here is the best way to execute these three steps.

1. Do the third step first. That is, *de*crease the power of your sympathetics (your fighting nerves) over your cell membrane. That makes the acid protein bond let loose of the choline phosphatidyl.

2. Follow immediately with the first step. That is, *in*crease the control of your parasympathetics (your loving nerves) over your cell membrane. That adds acetylcholine to your cell membrane and keeps the acid protein bond from regaining its grip on the freed choline phosphatidyl.

3. Multiply the whole effect with secret ESP+ Control and thereby admit a small portion of your astral body (your molecular counterpart) through your cell membrane into your cell body. You will then have acquired the unbounded power of your unknown particle-pair.

NOTE. The basis of the whole process is to *de*crease the predominance of your sympathetics (your fighting nerves) and *in*crease the predominance of your parasympathetics (your loving nerves), and then multiply these alterations with secret ESP+ Control. This is because your parasympathetics (your loving nerves) are alkaline, and alkalinity *in*creases the permeability of your cell membrane. It is why mystics go on long fasts to enable them to absorb the desired small portion of their astral bodies easiest.

How to Perform the Three Steps to Acquire Graded Domination over the Electrogenesis of Your Cell Membrane

This is how to practice the three steps.

1. Sit alone in your room and visualize the cell membranes in your body. In fact, although your body cells number into the billions, visualize only one, and your understanding subconscious mind will extend the vision to include all of them.

2. Take four deep breaths to slow down your heart beat and to over-oxygenate your lungs. That releases the hold of your sympathetics (your fighting nerves) on you, and throws off carbon dioxide, which alkalizes your blood. That, in turn, reduces the concentration of calcium (acid) from the outside of your cell membrane and breaks the acid protein bond on the choline phosphatidyl.

3. Feel now as if the greatest thing you hope for in life has happened to you. A tide of acetylcholine at once rises in your body and enters your cell membrane and keeps the acid protein bond from regaining its grip on the choline phosphatidyl.

4. Now, with PSYCHASTRA, "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route and then to your whole body, and visualize it permeating the membrances of all your body cells and multiplying the amount of acetylcholine in them.

5. Fill yourself with the overwhelming conviction that you CAN achieve all of that at once, and let your brain secrete the appropriate unknown chemical substance (x) with which to facilitate this transformation immediately.

6. Accompany this conviction with a power-packet blast *within you* (feel exuberant).

7. With the Multidiv, *expect* all this to occur perfectly and instantly.

A small part of your positive (+) charged astral body flow will rush through your cell membrane and give you the power of an electric circuit. (When you achieve it powerfully enough, like the psychic master, you will acquire electric fingers. You will be able to put your fingertips together and then draw them apart; and if

the act is photographed, a thin thread will be revealed uniting your fingers through space.) You will have acquired graded domination over the electrogenesis of your cell membrane and gained the mystic power of your astral body (your particle-pair, your molecular counterpart). Practice and master this ability—if only to the slightest degree. With it you will make your astral body convert you into a "miracle-doer." Practice it until you actually feel your physical body vibrating, as if packed with springs, with explosive electric power.

8. Now, saturate your molecular counterpart (your partly absorbed astral body) with the command (a worthy one) which you want to give the other person or thing, and project your altered partly absorbed astral body flow to him (or it). Visualize it ripping out of *all* your body cells from head to foot, like a highly sparked invisible glow. Let it flash through the air to the other person and just touch his own astral body (his own particle-pair or molecular counterpart). Your part-absorbed projection will overcome his astral body with an astro-electric shock strong enough to subdue him to you instantly, almost as if he has become partly electrocuted. (*Just touch his astral body* with it—no more and no less—because the length at which two nuclear forces begin to act between two particles is half the radius of an electron, calculated on the basis of electrodynamic theory. Actually to invade his astral body might shock him too forcibly and alert him too much to you instead.)

9. Immediately follow up your projection with a power-packet blast (feel exuberant) to reinforce the overcoming "shock" and nail your command firmly into the other person's body, so that he helplessly carries it out, both physically and mentally. When this is done for a worthy purpose, you can make him do miracles for himself *through you*. With that same power the psychic masters (by adding Psy·Cosmic Ray power to it) can reimplant part of the molecular counterpart of the substances of the earth into themselves and cause minor earthquakes. But there is no worthy purpose in doing that.

How Boontunga Turned Weightless and Invisible in an Instant by Halfway Assimilating His Unknown Particle-Pair (His Molecular Counterpart) and Escaped Capture

Boontunga was a deeply meditating psychic master in the foothills of India through which a great migration was taking place. One night, a child of a migrant disappeared, probably drowned in the river, but the distraught parents turned upon the peaceably meditating Boontunga and accused him of kidnaping the child to use it as his slave. Hostile as they already felt toward all strangers whom they encountered along the way, the thousands of migrants were soon boiling with indignation and closed in upon Boontunga from all sides to tear him limb from limb. Boontunga took four deep breaths to slow down his heart and made himself feel bursting with joy. Then he "sucked in" his mind-navel ether and drew-in his astral body flow, up his Psychastral Route to his whole body and visualized it as saturating it. He filled himself with the overwhelming conviction that he COULD vanish into space at once and gave his astral body the command to do so.

His physical body instantly lost its weight and color. It became weightless by freeing itself completely from the earthly gravitational pull through the unmatchable pull of his *astral* body, and transparent by losing all pigment in *every cell* of its composition. It even suspended all movement of its atoms and molecules, so that these no longer moved and created shadows or released light energy. Boontunga, in other words, went into a "spirit death." His invisible body rose off the earth and settled in his concealed cave, about four stone-throws away, where it promptly regained its normal physical self. The aghast multitude turned into panic and fled.

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key to secret ESP+ Control over their miracle unknown particle-pair power. With that touch of PSYCHASTRA

they have seized control of the unknown particle-pair (molecular counterpart) of other forms of matter (living or "dead") and done just about anything they wanted to with it. Following are some typical examples. The names of the individuals have been changed.

How Leroy Templeton Dreamed the Exact Scene and Revealed the Person Who Murdered His Brother with Black Magic

Leroy Templeton and his family were natives of Port-of-Spain, Trinidad. Opportunity was limited there, though, and they prepared to immigrate to another country. Two weeks previous to their departure, Leroy's brother, Alcibiades, felt out of sorts, and in a few days was prostrated with high fever. Both the alarmed family and the doctor tried all treatments they knew but Alcibiades grew steadily worse. In his tortured, half-coma sleep, he murmured something over and over, and Leroy began to suspect black magic, or psychicattack. But he had no idea who the culprit doing all this could be, for Alcibiades was very popular with men and women. So he postponed his trip to wait until Alcibiades recovered.

But instead of recovering, Alcibiades grew still worse and breathed his last. The city was shocked, and his mourners were legion. Leroy was convinced that his brother had been somebody's victim and was determined to find out who it was. Every night, at bedtime, he lay still and considered one suspect after another in his mind. He received "feelings" from many, but not enough for him to suspect them. He told himself that if he did not think out who it was, he would *dream* who it was.

One night he had a dream. In it he saw a beautiful young woman with long, curly, brown-black hair, sitting before a wax figure and concentrating on it. She kept mumbling to it in a cold, tight-lipped tone, "Die! . . . Die! . . . Die, you devil, man!"

Leroy awoke, bathed in perspiration. He was a nervous wreck for the rest of the night. Never could he forget the face of the young woman. But he had never seen her in real life.

He searched the town for her next day, but came upon no face

resembling hers. Late in the afternoon of his second day of searching, he suddenly felt as if pulled into a certain street.

A crowd had gathered around a certain house. A young woman had hanged herself inside and her body could be seen through the window. Leroy's miracle-making particle-pair had, with clairvoyance, brought into his mind the murder scene in a truly psychic dream that had drawn him to the house of the murderess. While he had not known what caused him to "see" the scene of a crime, you know with this book this innermost psychic secret.

SUMMARY OF THIS SECRET POWER

ESP+ Control of your miracle unknown particle-pair power is your greatest miracle power for seizing control of the unknown particle-pair (the molecular counterpart) of anything and doing just about anything you want to with it. In order to master it most easily, pursue the following steps:

Step 1. With PSYCHASTRA "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route into your whole body.

Step 2. Increase the permeability of the cell membranes of all your body cells to let them absorb *just enough* of your astral body to enable them to explode the power of your unknown particle-pair.

Step 3. The three means with which to increase the permeability of your cell membrane are:

(*a*) *De*crease the control of your sympathetics (your fighting nerves) over your cell membrane. (Take four deep breaths.)

(*b*) *In*crease the control of your parasympathetics (your loving nerves) over your cell membrane. (Feel bursting with joy.)

(*c*) Multiply (a) and (b) with secret ESP+ Control and absorb a small portion of your unknown particle-pair (your molecular counterpart, your astral body) through your cell membrane, into your cell body.

Step 4. Saturate that portion of your astral body with the command or vision of the other person or thing which you want him to obey or become like, and project it to him or it.

Step 5. Blast it out of you into his body, so that he carries out your command or changes like your vision instantly.

Step 6. With the Multidiv, expect the greatest success with it, and in the quickest time.

You will then have acquired an irresistible power over all forms of matter, living or inorganic.

15

Prophetic Power

The Achievements Resulting from Locking Control over Prophetic Power

With miracle prophetic power you can tune in on the past or future in any respect whatever and extract the secrets concealed by the veil of Time. With this tremendous power, men have bewildered others and have been venerated like gods. In the Bible the prisoner Joseph interpreted the dreams of King Pharaoh and warned him of the devastating seven-year plague that threatened the country. Joseph was rewarded with a position second only to the King. When his prophecy came true, Joseph had already prepared the country to meet the emergency.

Daniel prophesied up to 2,300 years ahead of his time. He prophesied the coming of Antiochus Epiphanes, the great king of Syria; the coming of Jesus, Alexander the Great, the great wars of the twentieth century and others which have come true. The Egyptians, in the pyramid of Cheops, prophesied one great world event after another for about 3,000 years ahead of their time, also including the great wars of the twentieth century.

About four centuries ago Nostradamus prophesied one great world event after another, also including the great wars of this century. Many other amazing prophets dot the pages of history, right down to Edgar Cayce of more recent years. Among our contemporaries there are Jeane Dixon, Mrs. Irene Hughes, and the astrologers from long ago, down to the present. Some have

predicted the course of the stock market with 90 per cent accuracy and have made millions of dollars for many Wall Street executives and investors. One of them has even been appointed to the Board of Directors of one of the largest banks in America, although she possesses no business training! Mrs. Dixon even predicted John Fitzgerald Kennedy's tragic death long before it occurred, while she and Mrs. Hughes predicted the crippling Midwest snowstorms of 1967 more accurately than the animals, the red-faced Indian, the perch, the bears, the groundhog and other "dependables."

In the Nineteenth century a bewildered reporter wrote up, and his newspaper published, the shocking news of the disastrous San Francisco earthquake fully nine hours *before* he could have learned about it. He even described it as if he had been present at the scene! Thousands of individuals have warned others of impending dangers which came about exactly as predicted. Miracle prophetic power can make you fabulously wealthy, save you from perils, avoid disease, find the right person for you and prepare you for any unsuspected national or worldly disaster facing you. Spare no pains to master it.

The Difference Between "Reality" and "Actuality"

All prophecy is constantly at the mercy of judgment. Even economists admit that they themselves are only human beings: that they react to events, and that their perspective can sometimes be distorted. In the book *How Business Economists Forecast,* the word "judgment" appears about forty times in one chapter. Even an exact science like physics is subject to "judgment," and Einstein was the first scientist to realize that the basic motions and laws of nature *are valid only within the limits of observation, and do not necessarily hold beyond them.* Before Magellan, for example, people thought that the world was flat. They haven't thought so since! In his Theory of Relativity, Einstein therefore revealed and proved that, for very high velocities, very great distances and extensive periods of time, the calculated results for them *did not* tally with the well-established laws of physics, *but changed perceptibly instead!* He proved that, in great space there is *no such thing* as "straight lines," but

"geodesical lines," or the shortest lines, or lines which curve with the ray of light. And that, consequently, there is *no such thing* in great space as "parallel lines never meet," because any two great circles will intersect or meet in two points.

The line of sight, in other words, is the line of propagation of light through empty space. So, when you see something far away in space, you don't see it in a straight line but in a *curved line*—or in the line of propagation of light through empty space! When you announce that you see something in space at a certain point because you are looking at it straight, you are really looking at it in one direction but seeing it in another!

How to Extract Omniscient Knowledge from Your Astral Body by Tuning in on the Concealed Wave-Form of Your "Oral Pole"

In order to extract the omniscient (knowing everything) knowledge possessed by your astral body of anything and everything, you have to catch its communication to you *before* your hearing centers record it and *distort it on the physical plane* and ruin its value to you. Achieve that by tuning in on the concealed wave-form of your "oral pole." The most forward region, or "oral pole," of the underpart of your cochlear nucleus (the nucleus of your nerve of hearing) has a wave-form not found in recordings from other regions of your cochlear nucleus. This is apparently because that part of your cochlear nucleus contains large nerve terminals, called calyces (or bulbs) of Held, which are not found in other regions of the nucleus. These wave-forms are unusual mainly because they show a positive component (P) early in their recordings, and it is consistently followed by a prominent negative potential.

The prominent negative potential consists of two components of its own (A and B)—two components that have been observed *only* in the wave-forms of the "oral pole" of the cochlear nucleus. These components (A and B) have been definitely identified as records of conductions of the nerve of hearing *after* they have crossed its Nerve Gaps. The positive component (P) that precedes them, then, must be a record of conductions of the nerve of hearing *before* they crossed the Nerve Gaps. And it *is*, as has been

proved by electrode "injury" discharges, which need not be explained here. It all means that the "oral pole" of your nerve of hearing is the *first place* where stimulations, before reaching the Nerve Gaps of a nerve, have been recorded *outside* a nerve cell in the central nervous system (spinal cord and brain) of the mammal.

The fact that wave-forms with positive (P) components have *not* been detected elsewhere in the cochlear nucleus is consistent with the absence of calyces of Held in the rest of it. The positive (P) component in your organ of hearing, then, is the concealed wave-form of your "oral pole" which hears for you *before* the sound leaps across the Nerve Gaps of your nerve of hearing and reaches your lowest and highest auditory (hearing) centers—or before your physical ear hears it. The positive (P) component is therefore *the* concealed wave-form that can catch communications from your astral body and flash them in your auditory psychic power center *before* your physical hearing centers record and distort them on the physical plane. In order to extract omniscient knowledge from your astral body, then, you have to know how to tune in on the concealed wave-form of your "oral pole," or on its positive (P) component, so that you can listen to your astral body's communications with your auditory psychic power center *before* they cross the Nerve Gaps of your cochlear nerve on their way to your physical hearing centers.

How to Tune in on the Concealed Wave-Form of Your "Oral Pole" and Listen to Your Astral Body Communicating to You

To tune in on the concealed wave-form (the P component) of your "oral pole" and listen to your astral body communicating to you, you have to pursue five steps:

(1) Block *all* nerve stimulation from crossing the Nerve Gaps of your "oral pole," so as to prevent your astral body communication from crossing it before you absorb it. Achieve this by arousing your parasympathetics (your loving nerves) in order to secrete *less* sympathin at those Nerve Gaps. Your sympathetics (your fighting nerves) control your auditory reactions. (*A fighting, alert animal pricks up its ears.*) So, feel exuberant to *dull*

your physical hearing and thereby slow down all communication from crossing the Nerve Gaps of your "oral pole."

(2) With PSYCHASTRA, "suck in" your mind-navel ether and draw in your astral body flow, up your Psychastral Route to the sides of your head, where your cochlear nucleus is, and fill it with the overwhelming conviction that you CAN hear its communication to you through the concealed wave-form of your "oral pole."

(3) With the Multidiv, expect the greatest success instantly and let your brain secrete the appropriate chemical substance (x) with which to make your astral body flow assume the right force and form necessary to make all this possible at once.

(4) Now ask your altered astral body flow the question you want it to answer—such as questions concerning money, love, health, friendship, success—about which you are eager to find out.

(5) Relax completely, from head to foot. Feel super-exuberant to keep the Nerve Gaps of your "oral pole" blocked, and listen to the Voice, just as the mystics and psychic masters do. DON'T strain to hear it, for then you will stimulate your sympathetics (your fighting nerves) and open up the Nerve Gaps of your "oral pole" and the answer from your altered astral body flow will cross them and reach your physical ear before your auditory psychic power hears it and be distorted by your thinking and reasoning on the physical plane. So, JUST RELAX, as if you are in a trance, and *LET* YOUR ALTERED ASTRAL BODY FLOW STRAIN TO COMMUNICATE WITH YOU. And IT WILL!

At first you will be aware only of a vague burring sound in the distance, as if a message is trying to reach you but can't get through clearly. The burring will gradually lessen and a deep silence will follow—a silence suggesting the dark nebula of an empty universe, entirely devoid of color or sound. Suddenly, through it, you will overhear one word. It may be a stifled word, or a word partly clear and partly stifled. Another word will soon follow it—and then another and another. *They will even repeat themselves.*

You will hear no more than that the first few times you try, and may even grow convinced that you will never hear more. BUT DO NOT GIVE UP, because your altered astral body flow is training your "oral pole" to receive full and clear communications

from it, but your "oral pole" is resisting it. THEN SUDDENLY a communication will burst through that resistance and you will hear a very intimate voice speaking to you and answering your question. Coming from your molecular counterpart, it might sound *just the opposite* of you. It might even sound sarcastic, if your question deserves such an answer. But IT WILL ANSWER YOU, and it will give you *exact answers!*

The more you listen to it regularly, the more accurate the answers you will extract from it. Finally, you will extract omniscient (all-knowing) answers from it about *any question* whatever, just as the mystics and psychic masters have always done. Edgar Cayce and others had to fall into a trance to gain such communication, but the psychic masters do not. Train yourself to do it as the psychic masters do it. Then you can extract the omniscient (know-all) answer from it for any problem whatever *any time* anywhere.

The Secret Formula for "Sensing" a Prophecy or the Most Probable Outcome of Any Contest or Life Problem

The omniscient answers you will receive from your altered astral body flow will astound you most of the time so tremendously that you will refuse to act upon them until it is too late. *Even President Kennedy was informed of the prophecies of his untimely end, and yet he did not take the simple precaution of being driven in public in a car covered with bulletproof glass.* So, after you receive your message (or even if you just get an ordinary hunch) and you want to be "pretty sure" that you do the right thing to meet your problem, observe the secret formula to "sense the prophecy" or hunch. To do so, sit down calmly and alone as soon as possible after receiving it and follow these simple procedures:

(1) Jot down the very best thing that could happen to you if you solved your problem successfully. (Jot it down with bursting optimism.)

(2) Then, jot down *the very worst thing* that could happen to you if you *failed* to solve it successfully. (Jot it down fearlessly and objectively.)

(3) Now list elaborate preparations for profiting most from the good fortune of (1) should it come about.

(4) Then list elaborate preparations for protecting yourself against disaster from the misfortune of (2) should *that* come about.

(5) Aim for utmost success with (3), but be prepared to save yourself with (4) should something go wrong.

(6) Then coolly and peacefully *do the best you can,* and you will *never* be the victim of a false "prophecy" or hunch.

How to Sensitize Yourself to Speculative Stock Possibilities—the Seven Magic Rules to a Fortune

From time immemorial different psychics have possessed the ability to prophesy the course of financial markets, but have steadfastly refused to make use of it for many different reasons. Some have refused to do so because they found it to be contrary to their principles, since they considered material gain as the root of all evil because it soon became an end in itself. Others, like Edgar Cayce, refused mainly because the "Source" of the omniscient knowledge within them refused to comply with them for their sheer material gain, even made them violently ill when they tried to contact it for that purpose.

Others assert that it all depends on the psychic atmosphere and whether God really wants the people who come to them to know. And there are still others declaring that the stock market is ruled by sunspots, and by atmospheric, cosmic and other extraterrestrial influences.

You yourself can ask financial questions of your own astral body and get its answer in the concealed wave-form of your "oral pole." There is still another way, though, to "sensitize" yourself to a speculative stock (or to any stock, for that matter), which should serve you well. It is used by many successful and active traders and can be broken down into the six rules which follow. Read them slowly—and follow them *to the letter* when you trade or invest. They also happen to be the cream of the rules of most of the courses and investment guides offered, as well as of many NOT offered—rules which have been acquired through hard and long experience. Here they are:

Rule 1. Choose a fast-growing industry, one whose products or services (from what you read in the financial papers and magazines) will be in greater and greater demand for the next decade or longer.

Rule 2. Select a small, not too well-known stock in that industry—one which is showing remarkable gains, and whose price is still very low in comparison to the price of the leading stocks in that industry. *Do not select a diversified stock.* It's too safe to grow fast. And *do not buy it on margin.*

Rule 3. The stock should possess no more than 2,300,000 shares, and preferably as little as 1,000,000, unless its price is less than $4 a share. It *can* be volatile then and move fast when it does. If it is an over-the-counter stock, choose one with a price of less than $10 a share, if possible.

Rule 4. Don't buy a speculative stock on rumors of mergers, military contracts and other possible one-time windfalls. Buy it only on its solid merits as a fast-rising small stock in a fast-rising solid industry. And buy it after it has fallen at least two days straight, and on a big volume close to, or more than twice that of the preceding day. (On over-the-counter stocks, of course, you cannot get the volume.)

Rule 5. Buy the stock, and then divest yourself of all sentimentality toward it. And tell nobody about it. But whether you do or not, ignore completely any sudden drop it does—unless you *buy more* of it. *Don't short sell it* (or "buy" it to go down). If it is a volatile stock, it will make sudden frightening drops. But control yourself and don't sell it!

Rule 6. Sell it each time it makes a significant rise, and then wait till it falls (for it *will*) and buy it again. But still *don't buy it to go down* (short sell), for it might rise much higher than you expected and you will take a sizable loss. Anyhow, if you have selected it according to the first four rules, it will rise each time *much more* than it goes down; so, you don't have to "buy" it to go down to make money. But when you buy it to go up, and it happens to fall heavily instead (and nine times out of ten it might), you just have to hang on to it and, within a few days, weeks or months, it will suddenly zoom upward again and very likely double, triple or quadruple in price.

Rule 7. Don't sell the stock in fright upon bad news, for it will fall low on that day and bounce back up within a few weeks. Ignore the Doubting Thomases around you. The world is full of pessimists and know-it-alls.

In the contemporary case to follow, you will see how you can move into a fortune within a few years by following every rule of those seven *without altering one of them.*

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key to ESP+ Control over their miracle prophetic power. With that touch of PSYCHASTRA, they have tuned into the past or future and extracted (and profited beyond the greatest expectations from) the secrets concealed by the veil of Time. Following are some typical examples. The names of the individuals have been changed.

How Teen-Aged Leo Saunders Predicted Accurately for Years the Results of Sporting Events He Never Even Saw

Leo Saunders was a teen-ager and he was rabidly interested in sports, particularly boxing and soccer. He enjoyed studying the records of the teams and in reading all about the games and the contestants. But he saw very few of the contests or games, for hardly any were held in his undeveloped Latin American country. He read about them mainly in the local newspapers and in the American sport magazines that were sold in a city store of the small capital of his country, and visualized them. The few times, indeed, when he did watch the film of a game or a fight in the movies, it turned out to be so different from the way he had visualized it from its report in the newspapers or magazines that he did not relish seeing them in films, because his own visualization of them was far more sensational than what he saw in the pictures.

But that was not all. Leo discovered that he could visualize the contest *before* it took place, *almost exactly as it would be reported later* AFTER *it took place,* and particularly with respect as to how and when it ended and who won! He would just lie quietly in bed or sit down somewhere or walk by himself and visualize the whole thing play by play or round by round. He then narrated it to his friends, and it turned out just about *exactly as he had visualized it,* even when the experts had predicted an

altogether different sort of game or contest or ending. He himself could hardly believe the accuracy of his visioning and prophesying. For the return fight of a championship contest, a leading local daily offered three prizes for the best three letters submitted describing it in detail before it took place. Leo described it round by round with the eyes of a seer, even though the leading critics had predicted a different kind of contest with a different result entirely.

With a Touch of ESP+ Controlled Miracle Prophetic Power, How Carter Harris Made Money Trading in Stocks

At fifty-one, in 1962, Carter Harris had never bought a stock. He had endured a life of economic hardship and remembered too well the Wall Street catastrophe of 1929 and the terrible depression that followed in its wake. But at last he took the chance and bought some mutual fund shares in February, 1962, and some in March. They lost about 30 per cent of their market price in the next two months. His wife, who also worked, was in despair, for they had invested half of their hard-earned savings in them.

But Carter surprised her by remaining calm. He knew now that the market *did* have ups and downs. So he prayed that it would fall *still lower:* he could then buy more shares still cheaper and let them *rise* with the market. But, he asked himself, what day *would be* the lowest price day?

Carter had a sudden instinct that the market would hit rock bottom on the last Monday of May. He held on to his money and watched the prices continue dropping. The analysts wondered *when* the big drop would stop. Carter timed his mutual fund order to arrive by mail on the last Monday of May. That day turned out to be Blue Monday, the day when the stocks took one of their greatest plunges of all time, and with one of the biggest volumes of history. Carter had selected the perfect day for his stock purchase.

Early in July the market advanced swiftly with a big summer rally. But many investors—even many institutional buyers—had missed the Blue Monday buying opportunity and now had to buy at a much higher price. Carter realized that his "instinct" had

surpassed the financial science of a great many of the best trained and experienced analysts.

He started buying some stock himself. Since he "felt" that people would never stop reading books, he bought thirty shares of a publishing stock at 20. A little more than four years later it was 111, and the company declared a stock split. Since he "felt," too, that people would always travel and fly, he bought thirty shares of an air line stock at 55. By 1967 it had split fractionally several times and was considering a 100 per cent split after advancing to 124. In the consequent years Carter bought a motors stock around 60, because he "felt" that people would always buy cars, and it rose in about two years to 120 or so.

But did Carter Harris make any money from all those perfect buys, all of which he bought on "instinct"? On the contrary, he lost close to $10,000! Why? Because his "instinct" had been too good for his wife or his friends to whom he confided it, and for the stock experts he followed, to believe. And so, at the first good drop in the price of these stocks, or following the first bad word he read against them in the financial journals or magazines by those who professed to know, he rushed to the phone and sold them—and always at considerable less than he paid for them. He held on longer to some, and sold them at a big loss. When those that advanced rose extraordinarily high very fast, too, he hung on to them until they fell back down to the price he had paid for them, and then sold them when they fell below it. Carter Harris had failed to make a small fortune during those five years only because he had NOT followed *all* the seven rules to a fortune, particularly Rule 7. In practically every case, though, his "instinct" (his omniscient knowledge through PSYCHASTRA) to buy the right stock had been right. He is profiting handsomely from those seven rules now, plus his "instinct," and making PSYCHASTRA a reality in his courage to direct his stock program.

SUMMARY OF THIS SECRET POWER

Secret ESP+ Control of your miracle prophetic power is your greatest miracle power for tuning in to the past or future or for extracting the secrets concealed by the veil of Time . . . knowl-

edge which could make you a seer and show you the way to an easy fortune. In order to master it most easily, pursue the following steps:

Step 1. Realize fully, first of all, the difference between "reality" and actuality. "Reality" is what your reasoning dictates as truth, but actuality is what your astral body *knows* to be true, but which it fails to communicate successfully to you.

Step 2. Extract this omniscient knowledge from your astral body by *letting it* communicate it to you. Do so by tuning in on the concealed wave-form of your "oral pole" and listening to your astral body communicating to you *before* your physical ear hears it.

Step 3. In order not to let yourself disbelieve what your astral body communicates to you, doubly banish your doubts against it with the secret formula for "sensing" a prophecy or the most probable outcome of any contest or life problem. (Jot down the best, and also the worst, that could result from it, and how to meet either.)

Step 4. If you are speculating in a stock, sensitize yourself to it by following *strictly* the seven magic rules to a fortune.

You will have acquired a power to prophesy practically anything you want to, and an incomparable one for making a fortune in the quickest time with the least expenditure of effort.

16

Materialization Power

Achievements Resulting from Locking Control over Materialization Power

With miracle materialization power you can "create something out of nothing," so to speak. With this great power, mystics, psychic masters and yogis have healed the sick by growing back or repairing the diseased organs in them with a glance. They have fed starving people by breaking up a paltry amount of food into tiny bits and enlarging these bits to full size in an instant, so that everybody had his fill (this is also in Biblical history). They have made plants grow so fast that they became full grown trees in practically no time at all. They have mowed down assailants by materializing "invincible protectors" suddenly out of the air. With it the Hindu fakirs have created illusory forms and objects which were seen by the human eye, but not registered by the camera.

With it, a psychic such as Ted Serios has materialized thought-forms which were unseen to the eye, but which *did* appear clearly on camera film—and these have turned out to be replicas of places which he had never been to, or had hardly known of before. With it, certain mediums have created "ghosts" of people and animals, as well as facsimiles of objects.

With it, commonplace people have changed themselves into incredibly fascinating people immediately. "Helpless" women have quickly discouraged would-be attackers and protected their chastity or their lives. Other people have made others see them exactly as they wanted to be seen, even when they themselves

looked different! They have also made others see what they showed them (such as in business) as looking as *they* wanted them to see it, even though it looked different than that as ordinarily seen. Still others have made tremendous successes with it in public life (such as on the stage, in politics or in the professions) *by creating in the mind* of the observers the very mental and physical impressions of themselves which they wanted them to acquire. In short, there is no end of miracles which individuals have brought about in their lives with miracle materialization power.

Mystic Healing by Creating Inner Materialization with Astral Body Induction

In every tissue of every body there is a basic instinct to stay normal or return to normal when diseased. It is an instinctive urge to recover, or to repair itself when damaged. But physiologists have discovered a far more astounding fact about body tissue. They have discovered that it also has a natural inclination to *create particular organs* when inserted (inducted) into *certain* other tissues, or even when just placed beside, near or opposite them. Each tissue, though, can be thus affected only by a certain other tissue, but the body instinctively knows which "certain other tissue" that is.

Your central nervous system (your brain and spinal cord), as it developed, served as an inductor tissue that "stimulated" the growth of other organs of the same germinal layer (the ectodermal layer)—organs such as your nose, your eye lens and your ear. And the growth of your central nervous system, in turn, was "stimulated" by induction of an organism (the chordamesoderm) into the ectoderm and was the first set of ectodermal germinal layer organs to appear. Indeed, organs such as the eye lens will waste away if their inductor tissues are removed, *even after they are full formed.* They need further "stimulation" from them if they are to differentiate into their own specific tissues and grow normally.

This is an astounding scientific discovery, and it is of incomparable help in healing. This natural inclination of a tissue to form a particular organ when inserted into another tissue has

been called "competence." The amount of effective induction, also, depends on the strength of the inductors and on the length of time that the induction tissue is left inserted in the other tissue. When more than one inductor is acting on the same tissue at the same time, the results are additive.

To put it simply, it means that from conception until death, there is *inner materialization* constantly taking place within all living creatures. Organs don't just form within them at random, nor do they just remain formed within them when formed. They constantly need the stimulation by proximity of a *different tissue entirely* to make them form and grow and remain grown. Without the proximity of that other tissue these organs will NOT form, nor will they STAY FORMED after they are formed. Otherwise they will create the monster, or the severely handicapped.

Now, everything which physical man can do, the astral body can do—and can do it much more intensely and miraculously! With your astral body working you can *inner-materialize* within your own body or within that of another person the particular induction tissue which a diseased organ of yours or his, needs to stimulate it to grow back normally and heal. Not only that, but you can do it much more swiftly (even instantly) with secret ESP+ Control and perform a miracle. That is exactly what the psychic master does when he heals the sick instantly!

How Tantibooko Healed the Sick by Creating Inner Materialization Within Them

Tantibooko performed miraculous cures for his tribe. He was subsequently kidnaped to be sold into bondage, but he effected his escape in the Barbadoes and hid in the woods. But his healing there became known, and a person went to him yellowed with jaundice. Tantibooko knew that the victim suffered from severe liver trouble. (Despite their academic ignorance, the African medicine-men were far more skillful at diagnosis than civilized man dreams they were.) So he bade the patient to stand before him. Then he concentrated intently on the lower right side of the native's body, approximately where his liver was. Next, Tantibooko visualized the healthiest tissue of his body which would stimulate the native's liver to try to get as healthy as that tissue

was. Then he "sucked in" his mind-navel ether and drew in his astral body flow, up his Psychastral Route to that "healthiest tissue." A moment later he projected his altered astral body flow back out of him through his Psychastral Route, accompanied by a feeling of exuberance, and expected to heal the sick man instantly.

He visualized his altered astral body flow inserting his own astral "healthiest tissue" into the sick liver of the native and at once stimulating it to turn well. Then he told the sick man to arise and added, "You are well now."

The sick man's eyes sprang wide open. The dizziness and splitting headache and the torturing bulginess on his right side disappeared as if by magic, and his waist felt flat and flexible again. Tantibooko had cured him instantly by creating inner materialization with him with secret ESP+ Control.

How Krishnatandi Fed His Thirty Starved Followers with Astral Macro-Materialization

You can shrink the size of anything by decreasing the volume of its atoms. To do that, just crowd its electrons on its lowest level orbit (the orbit closest to its nucleus), and the atom will become more tightly bound and therefore smaller. Despite the electrostatic repulsion between the electrons, which pushes them apart, even the atoms of heavier elements will thereby shrink to a considerably smaller size and make the substance smaller.

There is one serious obstacle to that, though: it is the basic physical principle that prevents all the electrons in the atom from crowding into its lowest orbit. It so happens that, as the lowest orbit of the atom is filled with electrons, other electrons are then accommodated on the higher-energy orbits, and that keeps the atom from shrinking. With astral body micro-materialization, however, you can *prevent* that from happening. You can prevent other electrons, in other words, from accommodating on the higher energy orbits when the lowest level one is filled, and thereby be able to make the atom smaller.

With astral *macro*-materialization you can bring about the very *opposite* phenomenon, too! With it you can astronomize the size

of the atom. Krishnatandi, the Bengal psychic master, did so with a quarter loaf of bread and fed his thirty starved followers with it. He was returning with them after a visit to Tibet, and they were trudging through the damp, temperate forests on the slopes and ridges of the Himalayas most exposed to the southwest monsoon. They were about a mile and a half up, with only firs and pines and cedars around them. Food was nowhere to be had, and it would be days before they reached an area low enough to have mangoes and other tropical fruit. Krishnatandi alone still possessed a quarter-loaf of bread, but it certainly could not feed a total of thirty-one persons. At those chilly heights, too, hunger was harder to bear. All were practically resigned to their doom.

Krishnatandi pulled out his quarter-loaf of bread. He fixed his gaze on it; then he visualized it growing, piece by piece, into thirty-one loaves. With PSYCHASTRA, he "sucked in" his mind-navel ether and drew in his astral body flow, up his Psychastral Route to his Third Eye (in his forehead and temples). He filled himself with the overwhelming conviction that his astral body *could* convert that quarter-loaf of bread at once, piece by piece, into thirty-one full loaves.

Krishnatandi broke off a little piece of the quarter-loaf of bread and projected his altered astral body flow out of him through his Psychastral Route, upon it. The piece immediately grew to a full loaf. Krishnatandi continued breaking off pieces of the quarter-loaf of bread, and one after another they grew swiftly into full loaves. With astral macro-materialization he was splitting the nucleus of the atoms of the pieces of bread, as is done to the nucleus of the uranium by hitting it with a neutron, and which now produces the nuclear bomb, the nuclear power plant, etc., and which has brought about the Atomic (actually Nuclear) Age. The energy of the nucleus of each atom of the pieces of bread was therefore vastly multiplied, and the speed of movement of the molecules of the bread increased fantastically. The molecules, as a result, drove each other much farther away from each other after each collision and enormously decreased the density of the bread. But that also inflated each piece of bread to the size of a full loaf. With this transmutation, performed at miraculous speed after he broke off each little piece of bread from the quarter-loaf, Krishnatandi produced enough thin, light loaves

of bread to feed his starving followers and keep them alive long enough to reach the fruit trees in the lower regions.

How to Multiply Plant or Tree Growth and Command the Fruit to Ripen Fast

From a great many sources, both religious and scientific, plant growth has been observed to respond keenly to many kinds of stimulation, ranging from prayer and kindly thoughts, to electrical stimulation. A minister discovered that plants prayed over by his congregation grew surprisingly faster, and gardeners and engineer-scientists have witnessed other amazing results.

In an experiment reported in a famous encyclopedia of science, oranges, instead of remaining on the tree after ripening, dropped to the base of the tree in profusion. It harvested itself *on command* through electrodes implanted in it by scientists. When the electrodes on the tree were reversed, the tree "fell asleep" for a long period; but when the electrodes were reversed again, the tree was aroused at once and grew up to 30 per cent faster than before! Further testing upheld the conviction of the researcher that a small natural current flowed normally in a tree between its center and its bark. *That* was why, he concluded, the tree reacted to electrical stimulation. Whenever a tree is prayed to or thought about kindly in its presence, something akin to an electrical stimulation obviously takes place within it and the tree responds to it up to an estimated seventy times its normal response! That undoubtedly is the mystifying secret of astral macro-materialization. It means the speeding up of the growth process of anything to an infinitely greater degree.

The Mango-Feat and the Rope-Disappearing Feat, with Astral Macro-and Visuo-Materialization

Having fled with his brother-in-law and sister to Calcutta with the stolen psychic master secrets, Upclintu, the Indian mystic, remained several months there with them raising money to finance their voyage to California. They planned to raise the

money from the European tourists who visited Calcutta. With two beggar-boys serving as his assistants, Upclintu seated his handsome, dignified self on the ground with a collection of jars, boxes, implements and other paraphernalia before him. To open the seance he lifted six tiny cobras from one of the boxes and placed them before him, in full sight of the audience. He let the spectators assure themselves of the snakes' reality, and then he started droning slowly and mournfully.

The reptiles sat up on their tails and moved their heads from side to side with the beat of the monotone vibration (since they have been found to be deaf), and Upclintu now and then touched them with his wand. While he maintained a hypnotic gaze on them, he visualized them growing, one after the other, as enormous as boa constrictors. With PSYCHASTRA he "sucked in" his mind-navel ether and drew in his astral body flow, up his Psychastral Route to his Third Eye (his forehead and temples area). He filled himself with the overwhelming conviction that his astral body flow would convert those six tiny cobras into enormous boa constrictors. Then he projected his altered astral body flow out of him, through his Psychastral Route, upon those tiny cobras and expected instant materialization of his Mind Vision. The snakes remained exactly the same size, but Upclintu's altered astral body flow took possession of their astral bodies and macro-materialized them in less than a half minute, to full-sized boa constrictors. The spectators were thrown into panic, but Upclintu assured them that there was nothing to fear. (He knew why.)

He then repeated the Psychastral ritual, but this time he visualized the "boa constrictors" growing smaller until they vanished from sight. The reptiles at once shrank in size until they disappeared. While the audience looked on stupefied, Upclintu swiftly thrust the tiny actual snakes back into their boxes.

Next, Upclintu drew a circle on the sand and stationed one of his beggar-boy assistants in the center of it. With PSYCHASTRA he "sucked in" his mind-navel ether and drew in his astral body flow, as before, and filled it with the thought picture which he wished to convert into seeming reality. Then he projected his altered astral body flow at the boy. It materialized itself in the boy's likeness and, although the boy did not move a finger, the audience saw him spinning around faster and faster, like a giant

top, and suddenly ascend in the air, still spinning, until he vanished from sight. Upclintu then repeated the Psychastral ritual, but this time he reversed the whole feat and ended up with the beggar-boy still standing in the center of the circle.

For his third performance Upclintu placed three mango seeds in the sand and buried them in a little mound. He fixed his gaze on them and repeated the Psychastral ritual while visualizing the seeds growing up swiftly into mature trees. Then he projected his altered astral body flow to the seeds and pressed the air around them with his hands to force the flow into them. Although the seeds themselves remained exactly as they were, almost instantly the audience saw a small shoot appear in the sand. It swiftly developed into a bush and grew up into a big mango-tree with leaves. Then it bloomed, and the blooms turned into ripe fruit. Upclintu had his assistants pick the fruit and hand it to the spectators. Then Upclintu repeated the Psychastral ritual, but this time he reversed the whole feat and the tree shrank back down to a bush, then into a shoot, and finally disappeared altogether. So did the fruit! Then he dug up the original seeds from the little sand mound and showed them to the audience.

For his fourth and final performance Upclintu passed around a coil of rope for the onlookers to examine. He knotted one end of it and tossed the knot in the air. Meanwhile, he repeated the Psychastral ritual and visualized what he wanted the rope to do. Then he projected his altered astral body flow to the rope. The actual rope fell back down, but the beholders saw it remain up in the air and its knotted end rise higher and higher. And they saw the rope uncoiling steadily until it uncoiled completely and stood up straight on its attached end below, reaching hundreds of feet up in the sky!

One of the beggar-boys stepped out now and grasped the rope. Actually, he just grasped the air in the exact spot where the rope *would be* standing on its attached end if it were standing there. At a shout from Upclintu the boy moved his arms as if climbing the rope rapidly, and the observers "*saw*" him climb it until he looked like a small bird high up in the air. Then he vanished from sight. At another shout from Upclintu, the rope too vanished. Then Upclintu repeated the Psychastral ritual, but this time he reversed the whole feat and brought the boy back down. The real boy, who had been standing below all the time, meanwhile had

picked up the real rope and was holding it in his hand by the time Upclintu had brought "him" and the "rope" back down. The boy smiled now and bowed and dropped the rope and resumed his seat. Much has been written about the "Indian Rope Trick" all over the world, but PSYCHASTRA is the answer!

How Rampasha Routed Twenty Assailants by Materializing Two Cobras

Old, doddering, seventy-five-year-old Rampasha was a psychic master in India. Once, as he trekked across the plain of the lower Ganges, from one village to another, in the stifling June heat beside the flood waters from the Himalayas which had inundated great tracts of country, Rampasha was set upon by a bloodthirsty band of twenty Thugs. The Thugs were devotees of the goddess Kali, and they paid her honor by murdering wayfarers. Yelling like wild animals, all twenty leaped for him from all directions, ready to satisfy their goddess by tearing him limb-from-limb. Rampasha immediately visualized how best to defend himself. At the same time, with PSYCHASTRA he "sucked in" his mind-navel ether and drew in his astral body flow, up his Psychastral Route to his Third Eye. He filled himself with an overwhelming conviction that his astral body flow could materialize that protecting picture for him. He immediately projected his altered astral body flow out of him, through his Psychastral Route, feeling exuberant as he did so. His altered astral body flow instantly divided itself in two, and each half stood at one side of him. In a flash each half of it turned into a cobra. Terror-stricken, his assailants tried to halt their felonious stampede. But it was too late and the reptiles buried their fangs into two of them, then let go of them fast, coiled back and struck another two. With the four squealing and hopping like cruelly injured dogs, the rest turned on their heels and vanished into the woods.

Contemporary True Life Cases

There are individuals right in our own time who have touched the magic key of secret ESP+ Control over their miracle materialization power. With that touch of PSYCHASTRA they have scared off dangerous assailants, swiftly "captured" and "enslaved"

dazzling beauties or most eligible men, and have made others see them exactly as they wanted to be seen, even when they looked quite different, and have achieved phenomenal successes in any phase of life. Following are a few typical examples. The names of the individuals have been changed.

How Gertrude Johnson Saved Herself from Rapacious Attack

Gertrude Johnson was a young housewife in Chicago. One afternoon in the early spring she was strolling for fresh air in Lincoln Park and reached the little bridge that crossed over the highway not far from the North Avenue Beach House. Few were in the park at that hour, and Gertrude was heading home now to start supper for the family. On the steps at the foot of the bridge, which spiraled and shut off the view from the highway, a tall, heavy set man in his twenties seized her by the arm. Paralyzed with fright, Gertrude looked up at his towering bulk and he made a horrifying demand. Her screams would have been drowned in the roar of the highway, and no other person was near enough to see or help her.

But instead of letting her terror incapacitate her, Gertrude stared the ruffian right back in the eye and visualized herself as being thoroughly capable of handling—and crushing—him with her tongue and power of mind. "What did you say?" she replied, letting her voice show only surprise.

Her accoster repeated his vulgarity, still holding on to her arm.

"Take your hand off me!" Gertrude snapped back with a show of icy fearlessness. "To think that I had looked upon you just now as an admirable gentleman—as someone who aroused deep respect—as someone who should head a big corporation." With a sudden movement she freed her arm from his now-wavering grip, shook her head with a show of disgust and moved on with head held high. Behind her she heard an apology mumbled. Gertrude paused a block away and subtly peered over her shoulder. The man was hurrying past the beach house, far from her. She had drained the criminal intent out of him by making him see her *not* as the terror-stricken young woman she had been, but as she *had wanted him* to see her. She did this with a touch of secret ESP+

materialization power, and thoroughly cowed her would-be attacker immediately!

How a Dentist Launched His Practice and Soon Earned $35,000 a Year

Luther Robert Jones, of Indian parentage, had worked as a dental technician for years, had saved and gone to dental school and become a dentist at thirty-eight. It was a late age for entering college, but Luther plodded through the long ordeal of professional education and was graduated.

Luther sat in his office day after day waiting for patients. One day a white man sat down in his reception room. When Luther stepped out in his dental gown, the caller gaped. The instant Luther faced the caller he visualized a picture of that man's teeth being as perfect as could be—with all the pain gone out of them, all his teeth in fine repair and looking so attractive that he felt and looked many years younger. Then Luther smiled and invited him into his office with an impeccable but natural courtesy.

The prospective patient hesitated at first. But then he arose as if he could not help himself and wended his way slowly into Luther's office and sat uncertainly on the chair. With obvious reluctance he opened his mouth when Luther asked him to and peered at Luther's hands as if they belonged to a prehistoric animal. When Luther observed the missing teeth and other dental deficiencies, he at once visualized them as being corrected and projected that vision into the patient. When he subsequently examined the man's teeth with the dental probe, he visualized and projected into the patient the vision of absolute *painlessness.* The white man seemed to gain confidence. By the time Luther had examined all his teeth and explained to him what he could do, the man seemed to be himself again and agreed to the work.

Luther was a skillful dentist. Before another month passed, he not only had many more white patients, but they were sending their family, children and friends to him. Within two years he was grossing $20,000 per annum, and practically all his patients were Caucasian. Soon after he grossed $35,000 a year. By completely ignoring his racial difference, but visualizing only what he wanted to do for the patient, Luther had launched a most

successful dental practice in a "white people neighborhood." His instinctive knowledge of the PSYCHASTRA materialization process in the minds of others gave him a wonderful income.

SUMMARY OF THIS SECRET POWER

ESP+ Control over your miracle materialization power is your greatest miracle power for "creating" something out of "nothing," and for achieving instances of healing, fascinating, and influencing others, protecting yourself from physical violence, and succeeding in social or business life. In order to master it most easily, pursue the following steps:

Step 1. To heal the sick, including yourself, create inner materialization with astral body induction. Visualize your astral body flow absorbing the healthy tissue which induces the diseased tissue to grow, and project it into the sick part.

Step 2. To materialize "something out of nothing" (actually to multiply the size of something without adding anything to it), use astral macro-materialization. First of all, visualize something small as suddenly becoming enormous. At once, with PSYCHASTRA, "suck in" your mind-navel ether and draw in your astral body flow into you and alter it into that new vision of the something small. Then project it out upon the small object of your attention.

Step 3. To make something appear to grow or become something that it isn't to others, look at the object that you are trying to make others think will change, and visualize it as changing in exactly that way. Draw in your astral body flow with PSYCHASTRA and alter it into that new vision. Then project it into that object and visualize it changing like that new vision of it. Meanwhile, describe the "change" to the onlookers if you wish, as if it were actually taking place. The others will "see" the object change as if it actually were changing like that.

Finally, you will have acquired a power to create within you, or before the eyes of others amazing pictures of things, materializations, that actually don't exist, except in contemplation of influenced thinking which *you* can control—with the forces of PSYCHASTRA.

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the ESPOWR, the psychic master's Secret Key-Turn for Locking Secret ESP+ Control into You Permanently

The ESPOWR is the psychic master's secret key-turn for locking secret ESP+ Controlled miracle power into him (or you) permanently. With it, he can turn the magic key to PSYCHASTRA, and perform seeming miracles instantly. You too can turn, permanently, the magic touch key to secret ESP+ Control and perform apparent miracles in your own life with any of the secret powers of PSYCHASTRA. You will be able to step right out of the world of the ordinary in the wink of an eye, any time, anywhere, and achieve, by uniting with and dominating the incomparable power contained within your *astral body,* goals which others consider as being outside human reach, be it socially, in romance, in health, wealth, mental or physical accomplishment, or in any aspect whatsoever. So, go right ahead and master the ESPOWR with what you know up to now from this book.

The Secret Steps of the ESPOWR

The ESPOWR consists of two secret and successive steps.

Step 1. First, develop mind-navel supersensitivity.
Step 2. Then, develop Psychastral Route supersensitivity.

You effect these two steps in the following manner:

Details of Step 1. Develop mind-navel supersensitivity by sensitizing yourself to the close presence and partnership existing between your astral body and your physical body. So sit, stand or lie down quietly and "feel" as if your astral body is ready to push your mind-navel open instantly *any time,* and as if your mind-navel could not resist the push if it did. Get the "real feel" that your mind-navel is very soft and unresisting and that your astral body is not to be denied the moment it pushes against it. "Feel" this so strongly that your astral body can actually be felt as if pushing right through your navel. *Practice and acquire that feeling,* because you must master this first step.

Details of Step 2. Supersensitize your Psychastral Route to your astral body flow so that the flow will rush instantly into your spine, up to your conscious mind or to wherever else you direct it in your body. To do so, visualize your Psychastral Route no longer as consisting of physical nerve tissue, but as a *direct continuation* of your silver cord through your mind-navel, through your abdomen and your spine, right up to your conscious mind, or to wherever else in your body you want to send it. In other words, "astralize" your whole Psychastral Route as set out in this book.

Your astral body then is no longer hampered by your fears coming from your questioning conscious mind and thereby is ever ready to rush into you and bring you secret ESP+ Control instantly. When you consequently climax the Psychastral ritual by projecting your *altered* astral body flow to execute the miracle, you will have done it all on the "astral" plane.

How to Be the New, Psychastral You for the Rest of Your Life

By now, you have completed an acquaintance with PSYCHASTRA: the KEY TO SECRET ESP+ CONTROL and what it can do for you. You have practiced and achieved a partnership with your astral body (your molecular counterpart) which makes it possible for you to perform the miraculous or near miraculous in anything you attempt. No longer do you have to depend mainly

upon your ability or connections or power or personality or any other quality you had, or which might have been required before, to get what you want in life!

Now, established secretly within you, you have your NEW, PSYCHASTRAL SELF—an invisible power which outclasses any other quality, ability, advantage or knowledge anyone may desire or possess. With it you can get—or do—anything you want, practically immediately, or instantly in some cases, and without having to practice or prepare for it beforehand, as you may have thought necessary previously.

Step-by-Step Method for Using the New Psychastral You

Here, step by step, is how to use the NEW PSYCHASTRAL YOU in everyday life and accomplish miracles with it in anything you undertake.

Whenever you are wound up with nervousness or tension, mentally or physically after a grueling day, banish it with SWS (slow-wave sleep.)

If caught in a situation which requires plain physical power to win a contest or even save a life, overcome the situation heroically with the seven parts of secret ESP+ Controlled miracle body power.

To guarantee yourself passing an examination or coming up with a novel plan to beat your rivals in business or career, control your recent and distant memories with your sympathetic and parasympathetic nervous systems and with mnenomic meanings of words, objects, actions and qualities.

To use your best judgment any time to best others in anything requiring keen judgment, use the miracle of reticular activating system to bring about your highest level of brain function.

Help normalize the blood pressure of a friend or relative or loved one with the splanchnic secret.

Dominate the muscles of a friend who is in a physical contest or is engaged in a deperate and exhausting struggle for his life, so that he rises to the occasion and overcomes seemingly invisible odds.

Psychic-command others to say in business what you want them to say—or at least something with a similar meaning.

Extract the secret power from the center of our galaxy for Psy·Cosmic Ray power and beam it unsuspectedly on any kind of matter and bring it under the influence of your will.

Escape death-threatening danger with hardly a move by eluding the fatality power of the natural elements.

If stricken by an affliction, attack it in a manner and with a speed that baffles the best doctors, with the reflex jump.

If you are competing for the one you love, or are engaged in any other kind of competition, vanquish your rivals in an astonishingly easy manner with miracle competitive power.

Detect unworthy people at a glance, no matter how well they conceal their true characters, with your unknown particle-pair power.

Make money—or a fortune if you wish—in the stock market or in any enterprise whatever, by "sensing" it right.

Change yourself into an incredibly fascinating person instantly by materializing such a person and donning him like a coat.

IN CONCLUSION

Re-read the miracle powers of PSYCHASTRA which you are eager to master most, and practice them the most. Each psychic master perfects the miracle power that attracts him most, and learns the others well enough to apply them whenever necessary. Eventually, of course, re-read them all, for each one is packed with so much astounding knowledge that you cannot remember even a fraction of it following the first reading. And yet, you don't have to remember any of it either! PSYCHASTRALIZE yourself with the ESPOWR, and your astral body (which knows and remembers and never forgets anything) *will pour it right back into you whenever you need it and work to produce anything you wish.*

If you read PSYCHASTRA through as many as ten times, you would continue to get more power for yourself that will be revealed to you in many seemingly mysterious ways, for we are all merely on the threshhold of knowing how to use the limitless

powers of PSYCHASTRA. While much has been developed for us through the psychic masters of the past and also in the present, we should all know that as human beings we have only scratched the surface of the wonderful things in store for all of us through dedicated study and practice of advanced ESP+ powers through the medium of PSYCHASTRA. The often repeated or common phrase "out of this world" as describing the most wonderful experiences and things that are possible for us, just begins to describe the limitless pleasures and good that PSYCHASTRA can bestow upon us.